



Breakfast frittata

Super easy, high protein and you can freeze what you don't eat. It will last up to 4 days in the fridge also. Serves 4. Per serve: Cals: 429; Fat: 27.4g; Pro: 31.2g; Carbs: 13.1g (using Easy Diet Diary)

Serves: 4, Prep time: 00:10, Cook time: 00:45

Instructions

Preheat the oven to 180 degrees and spray or line a baking dish (this was 20 x 20) with olive oil or use baking paper.

Dice the onion, cut the pumpkin into cubes (skin off) and slice the capsicum, arranging on the bottom of the baking dish.

Add the sausages evenly. Pop in oven for 25 minutes until sausages look basically cooked, stirring occasionally.

Meanwhile, whisk the eggs and egg whites with the salt and pepper.

When the 25 minutes is up, take dish out of the oven, ensure the vegetables and sausages are arranged in a single layer and pour the eggs over.

Ingredients

- 200 grams Pumpkin (7 oz)
- 1 Onion
- 1 Red capsicum, (can use green or omit)
- 375 grams Sausages, (I used Countdown breakfast sausages) (13 oz)
- 5 Eggs
- 1 cups Egg whites
- 1 teaspoon Salt and pepper
- 50 grams Feta cheese, I used goats (2 oz)

Crumble the feta cheese on top and put back into the oven for another 20 or so minutes until cooked.

Remove from oven and serve or leave to cool, slicing and putting away.