

Sweet Potato and Bacon Frittata with Rocket & Pear Salad



Cooking Time 30 minutes (preparation time 10 minutes) Serves 4

Ingredients

FRITTATA

- 8 eggs
- 1/2 cup low fat milk
- 1 cup sweet potato, diced
- 80g bacon eye, diced
- Pepper to taste
- Oil spray

SALAD

- 1 bag rocket leaves
- 1 pear, thinly sliced or shaved
- 1/2 cup walnuts, crumbled
- 1 teaspoon balsamic vinegar
- 3 teaspoons extra virgin olive oil
- Pepper to taste



Method

1. Preheat oven to 180°C.
2. Crack the eggs into a bowl add milk and whisk, add pepper to taste.
3. Spray an ovenproof pan or dish with oil place onto the stove and heat.
4. Add sweet potato, onion, bacon and sauté lightly then add the egg mixture.
5. Stir and place into the oven for around 25 minutes or until cooked.
6. In the meantime place rocket leaves onto a plate, sprinkle with pear and walnuts, drizzle with oil and vinegar, season with pepper.
7. Remove frittata from oven, leave to cool for 5 minutes, remove from pan and cut into portion size triangles.
8. Serve with rocket salad on the side.