

## Kitchen Garden at Collingwood College Term 2, week 6, 2018

Name of Recipe: Autumn Frittata of Pumpkin, Chard & Herbs

Volunteer Notes: This will be baked at 180 o.c. and will take about 20 mins. Please ensure you line the baking tin with baking paper.

Once cooked, Get Des over to remove the frittata and students will portion up.

Please see Des for dairy/egg allergy- students could have the vegetables on their own.

From our garden: all greens, pumpkin, eggs, herbs.

Yes, this can be made with other “milks”-soy.

What to collect	What to do
1 x baking tray XV Olive oil Baking paper 600 gm pumpkin –grated in food processor	Turn the oven on to 180 0 c. Oil and line the tray with baking paper. Grate the pumpkin. Tip into the baking pan and spread out.
Large bowl Whisk 200 ml milk 12 x whole eggs Salt/ground pepper Herbs, oregano, thyme, parsley	Make savoury custard with the milk, whole eggs then season well. Whisk well but not so it's frothy. Pick, wash, spin dry and chop the herbs & finely chop-then add to the custard.
Chard/spinach/silver-beet leaves, washed, stems cut finely, leaves shredded Salad spinner 4 x clove garlic, chopped finely	Go thru all your greens, cut the ends off any damaged, then wash well. Spin dry. Chop the garlic.
60 ml Olive oil Large sauté pan  Colander	In a large pan, heat the oil, add the stems and sauté for 3 minutes, then add the greens, sauté them together. Add the garlic and herbs, cook for another 3 mins. Tip the greens into a colander to drain the excess water off.
	Spread the greens into the baking dish. Pour custard slowly into the baking tray. Place tray into the oven. Cook until custard is firm (15-20 minutes).

	Leave to cool, gently using the paper, slide onto a board>get Des to do this. Portion up. Serve on wooden boards.
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