

Spinach, Carrot & Feta Frittata



Dietary: NF, VEG, GF
Allergens: Eggs, Dairy
Age group: 8 months+



Makes: 12
Prep: 20 mins
Cook: 15 mins

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Spinach, Carrot & Feta Frittata

Ingredients

- 4 eggs
- 1 1/3 cups (200g) feta cheese, crumbled
- 1 cup (25g) baby spinach, rinsed and finely chopped
- 1 medium-sized (150g) carrot, peeled and finely grated
- ¾ cup (80g) grated cheese

Method

1. Preheat oven to 200°C and paper line a 20cm square tin.
2. In a large bowl, whisk eggs, add remaining ingredients.
3. Pour into prepared tin.
4. Bake for approximately 20-25 mins, or until golden brown and slice is set.

Storing Leftovers: Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.



Tips

- ✓ **Prep tips:** Instead of a slice, place mixture into mini muffin baking trays and reduce cooking time to 15 mins.
- ✓ **Allergies:** For a dairy-free version: Leave out cheese and add crumbled tofu or roasted vegetables instead.
- ✓ **Easy ingredient swaps:** Swap spinach for kale or greens of choice.
- ✓ **Baby-friendly version:** Serve mashed or in finger food-sized pieces.