

# Cake Tin Frittata



Preparation time: 125 mins

Serves: 7 people

User Rating: ★★★★★

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Categories: Lunch Recipes, Vegetarian

Now this is a next-level frittata. Grab your cake tin and watch this savoury frittata come to life in your oven. Capsicum, sweet potato, leek, and more make this Cake Tin Frittata oh so delicious!

See the full recipe below.



## Ingredients

- 600g sweet potato, peeled and cut into 2cm dice
- 1 red capsicum, cut into 2cm chunks
- 1 leek, white part only, cut into 1cm thick slices
- 2 tablespoons olive oil
- Salt and pepper
- 60g baby spinach leaves
- 10 eggs
- 375g smooth ricotta
- ½ cup (50g) grated parmesan
- 1 cup (110g) grated cheese
- 1 clove garlic, crushed
- ⅓ cup (80ml) thickened cream
- Rocket salad and spicy tomato chutney, to serve

## Method

1. Preheat oven to 220°C/200°C (fan-forced). Grease and line the base and sides of a round 23cm (base measurement) springform cake tin.
2. Combine sweet potato, capsicum and leek in a large roasting pan. Drizzle with olive oil and season with salt and pepper. Bake 30 minutes. Remove from oven. Toss baby spinach through warm vegetables to wilt. Set aside to cool slightly.
3. Whisk together eggs and season with salt and pepper. Whisk in ricotta, parmesan, garlic, cream and half the cheese.
4. Spoon half the vegetables into prepared pan and pour over half the egg mixture. Repeat with remaining vegetables and egg. Sprinkle with the remaining cheese.
5. Reduce oven temperature to 200°C/180°C (fan-forced) and bake for 60-70 minutes. Cover the top with foil if browning too much. Remove from oven when the centre is just a little wobbly. Stand for 10-15 minutes before removing from the tin and serving. Serve with rocket salad and spicy tomato chutney.

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Try [watching this video on www.youtube.com](#), or enable JavaScript if it is disabled in your browser.

## Notes

- This recipe is a great way to use up leftover vegetables from your roast dinner or clear out the crisper at the end of the week.
- Use any vegetables such as potato, pumpkin, zucchini, asparagus and fennel.
- Frittata can be made 2 days in advance. Cover and refrigerate. When ready to serve, warm in a low oven covered with foil until warmed through.

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
<b>339g</b>	<b>2060kJ</b> <b>492kcal</b>	<b>27.7g</b>	<b>33.6g</b>	<b>16.7g</b>	<b>17.5g</b>	<b>9.4g</b>	<b>539mg</b>	<b>4.1g</b>

Vitamin D  
**5.9µg**

All nutrition values are per serve.