

Sweet Potato and Bacon Frittata with Rocket and Pear Salad



Preparation time: 40 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 30 June 2014

Categories: Dinner Recipes, Lunch Recipes

Frittata is one of the easiest meals to whip up so this sweet potato and bacon mix should be added to your go-to dishes! You can make them individually or as one big frittata to suit you and your family and don't forget to freeze your leftovers for quick dinners and lunches down the track.



Ingredients

Frittata

- 8 eggs
- ½ cup low fat milk
- 1 cup sweet potato, peeled and diced

- 1 onion, diced
- 80g bacon eye, diced
- Pepper to taste
- Spray oil

Rocket and Pear Salad

- 1 bag rocket leaves
- 1 pear, thinly sliced or shaved with a vegetable peeler
- ½ cup walnuts, crumbled
- 1 tsp balsamic vinegar
- 3 tsp extra virgin olive oil
- Pepper to taste

Method

1. Preheat oven to 180 degrees Celsius.
2. Crack the eggs into a bowl, add milk and whisk.
3. Spray an ovenproof pan or dish with oil, place onto the stove and heat.
4. Add sweet potato, onion, bacon and sauté lightly. Add the egg mixture.
5. Stir and place into the oven for 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.

Notes

For a twist, try smoked salmon, potatoes and dill or asparagus, goat’s cheese and whole almonds.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
325g	1860kj 445kcal	24.8g	29.9g	5.7g	15.8g	12.5g	484mg	5.1g

All nutrition values are per serve.