

# Potato and vegetable frittata

## Ingredients

2 potatoes

1 Cup of grated cheese

200ml milk

6 Eggs

Salt and pepper

Vegetables of your choice

## Method

1. Preheat the oven to 170 oC.
2. Spray a baking dish with cooking spray and line the bottom with baking paper.
3. Peel and spiral the potatoes.
4. Whisk the eggs, add the milk and cheese and give a stir.
5. Peel and dice the vegetables, add to the milk mixture.
6. Place the spiralled potato on the baking tray and pour the milk mixture over the top.
7. Bake for 25-30 minutes.