



## Pumpkin, spinach and feta frittata muffins

### Equipment

Kitchen knife

Chopping Board

Salad Spinner

Mixing Bowl

Muffin Baking Tray

### Ingredients

1/2 butternut pumpkin

1-2 tbsp olive oil

4 free-range eggs

125 ml sour crème

100 g feta, crumbled

3 large spinach leaves

1/2 tsp paprika

1 tsp oregano, chopped

50 g pumpkin seed

sea salt and black pepper

### What to do

Preheat oven to 180°C. Grease the muffin pan with olive oil.

#### Task 1 : Prepare the ingredients

Wash the spinach and tear in small pieces. Wash and peel the pumpkin, grate on medium grater. Beat the eggs with the sour crème, the paprika and oregano, add the grated pumpkin and combine.

#### Task 2 : Prepare the muffins in the trays

Divide some of the torn spinach and crumble a little feta into each of the muffin cups. Pour over the egg mixture, let it sit for a minute to let the egg work its way into the tin. Sprinkle with some pumpkin seeds.

#### Task 3 : Baking

Bake in the oven for 15-18 minutes or until the egg mixture is just set. Ready to serve.



Source: