

CARAMELIZED LEEK, PUMPKIN AND THYME FRITTATA

4 leeks, rinsed and sliced

2 cloves garlic, finely minced

750 gms pumpkin, peeled and diced approx 2cm square

60 mls olive oil

8 eggs

200 mls light cream

bunch of fresh thyme, chopped

salt

black pepper

100 gms grated parmesan

Steam pumpkin until almost cooked through, drain, set aside. In a large pan, saute leeks in olive oil, stirring occasionally, for about 15-20 minutes until golden and caramelized, adding the garlic for the last 2-4 minutes of cooking. Add cooked pumpkin and mix together gently. Beat eggs together, add cream and season with salt and pepper, add chopped thyme and whisk through. Pour eggs over vegetables, then cook over a gentle to moderate heat until the egg is set around the edges, but still quite moist towards the centre. Preheat grill, sprinkle the top of the frittata with the grated parmesan and place pan under the grill. Cook until the top is set and starting to turn golden brown. Let stand for 15-20 minutes before carefully slicing and removing from pan.