Caramelised onion and sweet potato frittata

The sweetness of the onions and potatoes are a lovely foil for the sharp parmesan cheese in this frittata. If you're organised enough to cook your vegetables ahead of time, dinner can be ready in less than 15 minutes.



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ingredients

* 60ml (3 tbsp) olive oil
* 2 brown onions, sliced
* 1 tsp brown sugar
* 5ml (1 tsp) balsamic vinegar
* 250g sweet potato, peeled
* 6 eggs
* 2 tbsp goats cheese
* 1 tsp thyme leaves

method

1. Preheat oven to 190°C conventional (170°C fan-forced).
2. Heat 20ml (1 tbsp) olive oil in a small saucepan with a lid. Add onions and stir to coat, then seal with lid and cook over very low heat for 20 minutes, stirring occasionally. Add sugar and vinegar and cook for a further 2 minutes.
3. Meanwhile, chop sweet potato into 1cm dice. Toss in 20ml (1 tbsp) olive oil, season well with salt and pepper, and bake for 25-30 minutes until soft.
4. In a large bowl, using a fork, beat eggs. Stir through caramelised onions, baked potato cubes,  parmesan and thyme leaves. Season well. Heat remaining oil in a 25cm frypan over very gentle heat. Pour in egg mixture and scrape base of pan with a spatula intermittently until eggs begin to set. Leave for 8-10 minutes until almost done. Place under a grill for a further 2 minutes until the top has just set.

Serve wedges of frittata with a salad of rocket and balsamic.