

**SIMPLY CREATE & PLATE  
WITH OUR NEW FRITTATA!**



**SERVES: 1**  
**TIME: 5 MIN**



## DELICIOUS BURGER

### INGREDIENTS:

- ✔ 120g Sweet Potato & Caramelised Onion Frittata
- ✔ 1 brioche bun, lightly warmed & toasted
- ✔ 2 slices crispy bacon
- ✔ 1 slice cheese
- ✔ 1tbsp BBQ sauce
- ✔ 1tbsp caramelised onion relish

### METHOD:

1. Heat the frittata in oven or air fryer until golden at 70°C.
2. Heat the brioche bun and fry bacon.
3. Place the heated frittata onto the base of the brioche bun, top with the bacon, caramelised onion relish and BBQ sauce.
4. Serve with a side of salad or fries. Enjoy!

SERVES: 1

TIME: 10 MIN



## LAYERED VEGGIE FRITTATA

### INGREDIENTS:

- ✓ 120g Sweet Potato & Caramelised Onion Frittata
- ✓ 1/2 cup sweet potato, mashed
- ✓ 2-3 kale leaves
- ✓ 1tbsp sesame seeds
- ✓ 4-5 slices beetroot, roasted
- ✓ 10g parmesan, shaved or grated
- ✓ 5ml olive oil mixed with 5ml balsamic glaze
- ✓ 1 cup croutons

### METHOD:

1. Heat the frittata in oven or air fryer until golden at 70°C.
2. Cook sweet potato in the oven with olive oil at 200°C and mash (can season with salt, pepper & cumin).
3. Drizzle with oil and roast kale leaves and beetroot in air fryer for 4-5 mins at 200°C. Remove and coat with sesame seeds.
4. Once cooked, assemble the frittata onto a plate, top with mash potato and dress with kale, croutons, beetroot, & parmesan.
5. Drizzle with oil and balsamic glaze before serving.

SERVES: 1

TIME: 10 MIN



## PROTEIN-PACKED BREKKIE STACK

### INGREDIENTS:

- ✓ 120g Sweet Potato & Caramelised Onion Frittata
- ✓ 1/2 Avocado, smashed
- ✓ 50g sweet potato, sliced thinly and rubbed in oil
- ✓ 30g caramelised onion, sliced and cooked
- ✓ 1 tbsp salsa
- ✓ 1 handful salad leaves
- ✓ Pinch salt & pepper, for seasoning
- ✓ 5ml lemon juice & zest
- ✓ 30ml sour cream
- ✓ 30ml chipotle sauce

### METHOD:

1. Heat the frittata in oven or air fryer until golden at 70°C.
2. Cook the sweet potato, onion & bacon in the oven/air fryer with oil at 220°C until golden.
3. Mash and season the avocado with salt, pepper, lemon juice & zest.
4. Place the frittata on the plate, top with sweet potato, onions, bacon, mashed avocado, then dress with salsa, salad leaves and drizzle with sour cream & chipotle sauce.

SERVES: 1

TIME: 12 MIN



## NOURISHING FRITTATA BURRITO BOWL

### INGREDIENTS:

- ✔ 120g Sweet Potato & Caramelised Onion Frittata
- ✔ 1/4 cup brown rice
- ✔ 1/4 cup diced avocado
- ✔ 1/4 caramelised onion, sliced
- ✔ 1/4 cup caramelised capsicum
- ✔ 1/4 cup black beans
- ✔ 1/4 cup rocket leaves
- ✔ 1/4 cup roasted sweet potato
- ✔ 30ml chipotle sauce

### METHOD:

1. Heat frittata in oven or air fryer until golden at 70°C. Cut into thick slices.
2. Cook the onions, sweet potato & capsicum in a hot oven at 220°C for 5-8 minutes.
3. Dice avocado, strain black beans and prepare rice.
4. Assemble the plate by slicing the frittata and then surrounding it with rice, black beans, avocado, caramelised onion, capsicum and rocket.
5. Add chipotle sauce and serve.



"GOODNESS COMES IN MANY  
SHAPES AND SIZES"

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