

Vegetable & Chickpea Frittata (GF) (V)

MP4

Description:

This popular vegetarian dish is filled with hand-chopped fresh vegetables and herbs. A light fluffy frittata that is only heavy on the protein and nutrients. Three different types of cheese have been added for flavour and creamy texture, while chickpeas add not only protein but fibre too. Gluten free Vegetarian Good source of protein Good source of dietary fibre Contains 6 different vegetables Keep frozen, once thawed can be enjoyed cold or see below for heating instructions. Heating & Storage Instructions Nutrition Ingredients: Egg White, Egg, Pumpkin (14%), Chickpeas (10%), Broccoli (9%), Red Capsicum (7%), Green Beans (7%), Sweet Potato (6%), Fetta Cheese, Light Ricotta Cheese, Spring Onion (2.5%), Light Tasty Cheese, Olive Oil, Garlic, Parsley, Pink Salt, Curry Powder, Canola Oil, Pepper. Allergens: Egg, Milk, Soybeans May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin