Pumpkin, ricotta and parmesan frittata

Preparation time: 10 mins  
Cooking time: 40 mins  
Serves 4  

1 tbs olive oil  
600 grams pumpkin, peeled, chopped into small cubes  
5 spring onions, chopped  
1 clove garlic, crushed  
6 eggs  
2 tbs milk  
¼ cup finely chopped fresh chives  
200 grams ricotta cheese  
¾ cup (60grams) finely grated parmesan cheese

1. Heat oil in a heavy-based or non-stick frying pan, cook pumpkin and onion over a medium heat, stirring occasionally, for about 15 minutes or until tender. Add garlic; cook until fragrant. Transfer mixture to a lightly greased (or baking paper lined), large pie or baking tin.

2. Lightly beat eggs in large jug or bowl; add milk, half the chives and salt and pepper to taste. Pour egg mixture into pan over pumpkin mixture. Drop spoonfuls of ricotta over the top, sprinkle with parmesan.

3. Bake in moderate to hot oven for 40 minutes, or until golden brown and set. Remove from oven and leave for 5 minutes. Sprinkle with remaining chives and serve with salad.