Main dishes / Germany

Baked omelette with pumpkin and courgette · Germany

A fully cooked baked egg dish with two vegetables and Germany-inspired seasoning.

Time 35 min **Servings** 4

What you'll need.

- ☐ 6 eggs
- ☐ 250 g courgette
- ☐ 20 ml neutral cooking oil
- ☐ 1 g caraway seeds
- ☐ salt and pepper to taste
- ☐ 350 g pumpkin
- ☐ 120 ml pasteurised milk
- ☐ 20 g German mustard
- ☐ 10 g fresh parsley

Let's make it.

01 Heat the oven to 180°C. Chop the vegetables and cook until tender. Drain thoroughly.

02 Beat the eggs with the milk or coconut milk and listed flavourings. Oil a baking dish.

03 Spread the cooked vegetables in the dish and pour the egg mixture over them.

04 Bake for twenty to twenty-five minutes until completely set in the centre. Rest briefly before slicing.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
Original recipe and attribution CC0 1.0
recipes.dvs-services.be / studio-de-10-11-1167544