

# Pumpkin and Spinach Flan

**Calories:** 184 kcal

**Servings:** 2

**Time:** 50 Mins

## Ingredients

- 2.00 slices Bacon (chopped finely)
- 60.00 g Cheese (Ricotta)
- 1.00 tbsp Dijon Mustard
- 2.00 whole Eggs
- 60.00 g Frozen Spinach (thawed)
- 2.00 tsp Olive Oil
- 200.00 g Pumpkin (cut into 3cm cubes)

## Instructions

1. Preheat oven to 180°C (355°F).
2. Line a baking tray with baking paper spread pumpkin cubes on tray, lightly drizzle with olive oil and bake for approximately 20 minutes until soft and lightly browned.
3. In a mixing bowl, combine eggs, spinach, ricotta, bacon, mustard and your preferred herbs and spices.
4. Pour half of the mixture into a small round greased baking dish, add pumpkin, pour the remaining mixture over pumpkin.
5. Bake for 20 minutes or until golden brown.