



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: BROCCOLI

The head of the broccoli is made up of tiny flower buds. If you do not harvest a broccoli on time, the head will be full of yellow flowers!



## 4. CHORIZO FRITTATA

Spanish style frittata with chorizo, broccoli and lemon thyme served with crunchy ciabatta and a simple layered salad.

 30 Minutes

 4 Servings

17 February 2020

## FROM YOUR BOX

BROWN ONION	1
CHORIZO	1 packet (200g)
BROCCOLI	1
COURGETTES	2
FREE-RANGE EGGS	5
LEMON THYME	1 packet
FETA CHEESE	1/2 packet *
FESTIVAL LETTUCE	1/2 *
CONTINENTAL CUCUMBER	1/2 *
TOMATOES	2
CIABATTA LOAF	1

## FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, vinegar (of choice)

## KEY UTENSILS

large frypan with lid

## NOTES

Finish the frittata in the oven if you prefer, 10-15 minutes on 200°C.

Toast the bread if you like it crunchy.

**No pork option - chorizo is replaced with smoked chicken.** Cook according to recipe, adding chicken at step 1.

**No gluten option - bread is replaced with GF bread.**



### 1. SAUTÉ THE ONION & CHORIZO

Heat a large frypan with **oil** over medium-high heat. Slice and add onion, sauté for 4-5 minutes or until softened. Dice and add chorizo, cook for further 3 minutes.



### 2. ADD THE VEGETABLES

Finely chop broccoli, dice or grate courgettes. Add to pan and cook for 4-5 minutes. Reduce heat to medium.



### 3. WHISK THE EGGS

Whisk eggs with **1/2 cup water/milk**, picked thyme leaves, **salt and pepper**.



### 4. ADD EGG MIXTURE

Pour egg mixture into pan, stir to even out. Crumble over feta and cover with a lid. Cook for 8-10 minutes or until set.



### 5. MAKE THE SALAD

In the meantime, roughly chop lettuce, slice cucumber and tomatoes. Layer on a serving plate and drizzle with **1 tbsp olive oil and 1/2 tbsp vinegar**.



### 6. FINISH AND PLATE

Cut frittata into portions and serve with side salad and sliced ciabatta.

How did the cooking go? We'd love to know - help us by sharing your thoughts!  
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

