



Product Spotlight: Feta Cheese

Traditionally feta is made from sheep milk, although it can be made from sheep, goat or cow milk, or any combination of the three.



Bacon and Feta Frittata

Smoked bacon from The Farm House, sweet potato, zucchini and cherry tomatoes all in a delicious egg frittata, topped with crumbled feta cheese and served with a fresh leafy salad.



35 minutes



2 servings



Pork

3 March 2023

Make egg muffins!

Transfer the mixture to a muffin tray and bake to make smaller serves! Any leftovers can be frozen and used for lunch boxes. You can substitute the sweet potatoes with white potatoes if preferred.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	40g	48g

FROM YOUR BOX

SWEET POTATOES	300g
FREE-RANGE EGGS	6-pack
ZUCCHINI	1
FREE-RANGE BACON	1 packet (90g)
SHALLOT	1
CHERRY TOMATOES	1 packet (200g)
FETA CHEESE	1 packet
MESCLUN LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking/butter, olive oil, salt, pepper, dried tarragon, vinegar (of choice)

KEY UTENSILS

large frypan with lid, saucepan

NOTES

You can bake the frittata in the oven at 200°C until set if your pan is oven proof.



1. BOIL THE SWEET POTATOES

Cut sweet potatoes into 2-3cm pieces. Place in a saucepan, cover with water and bring to a boil. Cook for 6-8 minutes or until just tender. Drain.



2. WHISK THE EGGS

Whisk eggs. Grate and add zucchini. Season with **1 tsp tarragon, salt and pepper**.



3. COOK BACON & SHALLOT

Heat a large frypan with **oil/butter** over medium-high heat. Dice and add bacon and shallot. Cook for 3-4 minutes. Halve or quarter tomatoes and add to pan with drained sweet potatoes.



4. POUR IN EGGS AND COOK

Pour in the egg mixture and stir briefly to combine. Crumble feta cheese on top. Cover the pan and cook over medium heat for 15-20 minutes or until set (see notes).



5. DRESS THE SALAD

Whisk together **1/2 tbsp vinegar** and **1/2 tbsp olive oil** in a large bowl. Toss in mesclun leaves until dressed.



6. FINISH AND SERVE

Slice and serve frittata with salad.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

