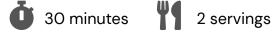




# **Ham Frittata**

Warming frittata, great for a chilly winter's evening (and tomorrow's lunch!). Made with WA-raised eggs, nitrate-free ham from Margaret River, and seasonal veggies.







# Egg cups

If preferred, make small frittata cups using muffin tin(s). Follow the recipe until step 3. Then, divide prepped ingredients into oiled muffin tins and cook in a 220°C oven until set.

#### FROM YOUR BOX

LEEK	1/2 *
GARLIC CLOVE	1
SLICED HAM	1 packet
RED CAPSICUM	1
CORN COB	1
FREE-RANGE EGGS	4
PARMESAN CHEESE	1/2 packet *
PARSLEY	1/2 bunch *
BABY LEAVES & BEETROOT	1/2 packet *
CAESAR DRESSING	1/2 bottle *

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, smoked paprika, water/milk

#### **KEY UTENSILS**

frypan

#### **NOTES**

You can use all 6 eggs if preferred — or, add the remaining 2 to the Caesar chicken sub recipe.

If your frypan goes in the oven, you can also finish the frittata there.

No pork option - ham is replaced with lemon and pepper roast chicken.



## 1. FRY THE LEEK

Heat a frypan with oil over medium-high heat. Slice leek and crush garlic, adding to pan as you go with 1/2 tsp oregano and 1/2 tsp paprika. Cook for 3-4 minutes until leek has softened.



### 2. ADD HAM AND VEGGIES

Dice ham and <u>half</u> the capsicum, remove corn kernels from cob. Add to pan as you go. Cook for 4 minutes.



#### 3. BEAT THE EGGS

Break the eggs (see notes) into a bowl and whisk with 1/3 cup water/milk. Add Parmesan, chopped parsley (save a little for garnish), salt and pepper.



# 4. COOK THE FRITTATA

Pour egg mix into frying pan, stirring gently. Cover and cook for 8-10 minutes or until set (see notes).



# 5. TOSS THE SALAD

Slice remaining capsicum and toss in a bowl with leaves.



# 6. FINISH AND PLATE

Cut frittata into pieces and serve with salad and Caesar dressing.

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



