



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Red Capsicum

An antioxidant called capsanthin is responsible for the red colour – it can also lower the risk of heart disease, certain cancers, and eye conditions.



4 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.

 30 minutes

 4 servings

 Pork

16 July 2021

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	6-pack
PARMESAN CHEESE	1/2 packet *
PARSLEY	1/2 bunch *
CHERRY TOMATOES	1 punnet
BABY LEAVES & BEETROOT	1 packet
CAESAR DRESSING	1/2 bottle *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan

NOTES

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 tsp oregano and 1 tsp paprika**. Cook for 3-4 minutes until leek has softened.



2. ADD HAM AND VEGGIES

Dice ham and capsicum, remove corn kernels from cob. Add to pan as you go. Cook for 4 minutes.



3. BEAT THE EGGS

Break the eggs into a bowl and whisk with **1/2 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

Halve cherry tomatoes 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**

