



### Product Spotlight: Chives

Chives work well as a garnish in any dish, and are also delicious in a breakfast omelette! Store chives in a glass of water or wrapped in damp paper / kitchen towel to prevent it from dehydrating.



## Bacon & Cheese Frittata

Great for dinner, and great in the lunchbox if you have any leftovers! Substantial bacon, potato and cheese frittata served with a dressed parmesan & pear salad.



40 minutes



2 servings



Pork

## Cooking for little kids?

*If you have picky little eaters you can peel the zucchini before grating it. Add the chives and tomato to the salad instead of into the frittata!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	54g	52g	50g

## FROM YOUR BOX

MEDIUM POTATO	2
FREE-RANGE EGGS	6-pack
ZUCCHINI	1
CHIVES	1 bunch
PARMESAN CHEESE	1 packet
FREE-RANGE BACON	100g
TOMATO	1
BABY COS LETTUCE	1
PEAR	1

## FROM YOUR PANTRY

olive oil, oil/butter for cooking, salt, pepper, dried oregano, red wine vinegar

## KEY UTENSILS

saucepan, large frypan, oven dish

## NOTES

Use an oven-proof frypan for step 3 to reduce dishes. Alternatively, cook covered on the stove for 10–15 minutes or until set.

Add more zucchini to taste – just squeeze out excess liquid before adding. Or save the rest for another meal.

Serve with tomato relish or pesto for extra flavour.



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### 1. BOIL THE POTATOES

Set oven to 220°C.

Chop **potatoes** into 2–3cm chunks. Place in a saucepan, cover with water and bring to a boil. Cook for 8–10 minutes or until just tender. Drain, see step 4.



### 2. WHISK THE EGGS

Whisk the **eggs**. Finely grate **1/2 zucchini** and chop **chives** (set aside some for garnish). Combine all in the bowl with **2/3 parmesan**. Season with **1 tsp oregano, salt and pepper**.



### 3. COOK THE BACON

Heat a large frypan with **oil/butter** over medium-high heat (see notes). Slice and add **bacon**. Cook for 3–4 minutes. Dice and add **tomato**. Cook for further 2 minutes.



### 4. POUR IN THE EGG MIX

Lightly grease an oven dish. Add **potatoes, bacon** and **tomatoes**, spreading evenly. Pour over the **egg mixture** and bake in the oven for 20 minutes or until set.



### 5. PREPARE THE SALAD

Combine **1 tbsp olive oil, 1 tbsp vinegar, remaining parmesan, salt and pepper** in a large serving bowl. Chop **lettuce** and slice **pear**, toss in the bowl to dress just before serving.



### 6. FINISH AND SERVE

Serve **frittata** with **salad** (see notes). Garnish with the **reserved chives**.

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