



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



4/6 servings



Pork

Cooking for little kids?

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

Per serve: **PROTEIN** 33g/39g **TOTAL FAT** 35g/41g **CARBOHYDRATES** 33g

FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|------------------|----------|-------------|
| MEDIUM POTATOES | 3 | 4 |
| FREE-RANGE EGGS | 6-pack | 2 x 6-pack |
| ZUCCHINI | 1 | 1 |
| CHIVES | 1 bunch | 1 bunch |
| PARMESAN CHEESE | 1 packet | 2 packets |
| FREE-RANGE BACON | 200g | 200g + 100g |
| CHERRY TOMATOES | 200g | 2 x 200g |
| BABY COS LETTUCE | 1 | 2 |
| PEAR | 1 | 2 |

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.



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 **1/2–1 zucchini** (see notes) and chop **chives** (set aside some for garnish). Combine all in a bowl with **2/3 parmesan**. Season with **2 tsp oregano, salt and pepper**.

6P – use 9 eggs, the whole zucchini and 1 packet parmesan.



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. Halve or quarter and add **cherry tomatoes**. 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.

6P – combine 2 tbsp olive oil, 2 tbsp vinegar, 1/2 packet parmesan, salt & pepper.



6. FINISH AND SERVE

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



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