



Product Spotlight: Beetroot

Beets are high in vitamin C (immune-boosting), fibre and potassium (mineral essential for healthy nerve and muscle function). Furthermore, beetroots have been ranked as one of the 10 most antioxidant-rich vegetables!



Beetroot and Labneh Frittata with Toasted Walnuts

Pre-cook beetroot is the saviour for getting this gourmet frittata on the table with ease this holiday season. Creamy labneh, toasted walnuts and fresh watercress top it all off!



25 minutes



2 servings



Vegetarian

23 December 2022

Save it!

This dish is a great option to serve to breast fast or brunch guests over the holiday season! Cook in puff pastry to make it a quiche, serve with crusty bread or a fruit platter for extra serves.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	58g	34g

FROM YOUR BOX

WALNUTS	1 packet (60g)
SHALLOT	1
COURGETTES	2
TINNED BEETROOT	225g
FREE-RANGE EGGS	6-pack
LABNEH	1 tub
LEBANESE CUCUMBER	1
WATERCRESS	1 sleeve

FROM YOUR PANTRY

oil for cooking, salt, pepper, caraway seeds (see notes), red wine vinegar

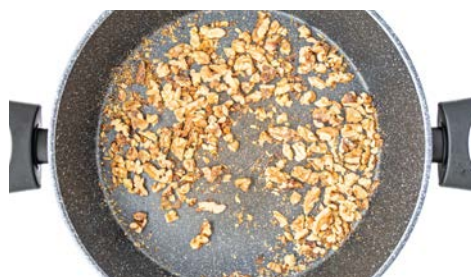
KEY UTENSILS

large frypan (with lid)

NOTES

If you don't have caraway seeds you can substitute them for fennel seeds, dried oregano, or dried rosemary.

Use oil from labneh to dress the fresh elements.



1. TOAST THE WALNUTS

Heat a large frypan over medium-high heat. Roughly chop walnuts and add to pan. Toast for 2-4 minutes until golden. Remove from pan and keep pan over heat.



2. PREPARE THE FRITTATA

Meanwhile, slice shallot, dice courgettes and drain beetroot.

Crack eggs into a bowl. Season with **salt and pepper**. Whisk to combine.



3. SAUTÉ THE VEGETABLES

Add **oil** to reserved frypan. Add shallot, courgettes and **3 tsp caraway seeds**. Sauté for 5 minutes.



4. COOK THE FRITTATA

Add beetroot. Pour in eggs mixture. Stir to combine. Dot labneh (see notes) over frittata. Reduce heat to medium. Cook, covered, for 8-10 minutes until eggs are set.



5. TOSS THE FRESH ELEMENTS

Ribbon cucumber. Add to a bowl along with watercress. Season with **1 tsp vinegar, salt and pepper**. Toss to combine.



6. FINISH AND SERVE

Sprinkle toasted walnuts over frittata. Serve tableside along with watercress.

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**

