



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Kalamata Olives

Kalamata olives take their name from the city of Kalamata, Greece, where they were first grown. Like most olives, they are rich in antioxidants and healthy fats.



Make a tray bake!

Dice potatoes and zucchini, toss on a lined oven tray with cherry tomatoes, oil, dried oregano, lemon zest, salt and pepper. Roast for 15 minutes. Remove from oven, crack eggs directly onto veggies, bake until eggs are set. Crumble over feta and serve with olives and parsley.

H2 Greek Potato Frittata with Feta Cheese and Bursting Cherry Tomatoes

Potato, thinly sliced and pan-fried, with lemon zest and dried oregano, cooked in a stove-top frittata with feta cheese and Kalamata olives, served with roasted cherry tomatoes and a herbaceous parsley dressing.



25 minutes



2-3 servings



Vegetarian

22 July 2022

Per serve: **PROTEIN** 38g **TOTAL FAT** 57g **CARBOHYDRATES** 55g

FROM YOUR BOX

CHERRY TOMATOES	1 bag (200g)
MEDIUM POTATOES	2
LEMON	1
FREE-RANGE EGGS	6-pack
ZUCCHINI	1
KALAMATA OLIVES	1 tub (100g)
FETA CHEESE	1 packet
PARSLEY	1 bunch (60g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, 1 garlic clove

KEY UTENSILS

large frypan with lid, oven tray

NOTES

Add extra flavour to your tomatoes with fennel seeds or balsamic vinegar. You can also add any excess unpeeled garlic cloves to the oven dish. Once roasted, squeeze the garlic out of the peel and toss with tomatoes.



1. ROAST THE TOMATOES

Set oven to 220°C.

Halve cherry tomatoes and toss on a lined oven tray with **oil, salt and pepper** (see notes). Roast for 15 minutes or until beginning to burst



2. COOK THE POTATOES

Heat a large frypan over medium-high heat with **oil**. Thinly slice potatoes and zest lemon. Add to pan as you go along with **3 tsp dried oregano**. Cook, tossing occasionally, for 8-10 minutes, until potatoes are just tender.



3. PREPARE INGREDIENTS

Crack eggs into a bowl and whisk together with **salt and pepper**. Set aside.

Slice zucchini, rinse olives and crush **garlic clove**. Crumble feta cheese.



4. ADD THE VEGETABLES

Add zucchini and **crushed garlic** to pan. Sauté with potatoes for 2 minutes. Add olives and pour in egg mix. Gently stir. Sprinkle over feta cheese. Cook, covered, for 8-10 minutes or until eggs are set.



5. MAKE PARSLEY DRESSING

Finely chop parsley leaves. Add to a bowl along with juice from lemon, **3 tbsp olive oil, salt and pepper**. Stir to combine.



6. FINISH AND SERVE

Serve frittata tableside. Top with roasted cherry tomatoes and parsley 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

