



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.



Greek Potato Frittata

with Goat Cheese and Bursting Cherry Tomatoes

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



25 minutes



2-3 servings



Vegetarian

8 September 2023

Make a tray bake!

Dice potatoes and zucchini, toss on a lined oven tray with cherry tomatoes and seasoning. Roast for 15 minutes. Remove from oven, crack eggs directly onto veggies, and bake until eggs are set. Crumble over goat cheese and serve with olives and parsley.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	37g	24g

FROM YOUR BOX

CHERRY TOMATOES	200g
MEDIUM POTATO	1
LEMON	1
FREE-RANGE EGGS	6-pack
ZUCCHINI	1
KALAMATA OLIVES	1 tub (100g)
GOAT CHEESE	1 packet
PARSLEY	1 packet

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 unpeeled garlic cloves to the oven tray. Once roasted, carefully squeeze the garlic out of the peel and toss with the tomatoes.

If your frypan doesn't have a lid, use an ovenproof frypan and transfer to the oven to bake the eggs until set, or transfer to a lined oven dish to bake.



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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 with **3 tsp oregano**. Cook, tossing occasionally, for 8-10 minutes, until potatoes are just tender.



3. PREPARE THE INGREDIENTS

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

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



4. ADD THE VEGETABLES

Add zucchini and **crushed garlic** to pan (see notes). Sauté with potatoes for 2 minutes. Add olives and pour in egg mix. Gently stir. Sprinkle over goat 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 lemon juice, **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.

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