

**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.



20 minutes



2-3 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 |
|------------|---------|-----------|---------------|
| | 33g | 34g | 44g |

FROM YOUR BOX

| | |
|------------------|----------|
| MEDIUM POTATO | 1 |
| 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

large frypan, saucepan

NOTES

To serve, you can try flipping it upside down by placing a plate or chopping board on top of the frypan. Flip both, so that the frittata falls onto the plate/board. When you remove the pan, you'll see the browned underside of frittata.

For extra flavour, serve with a yummy tomato relish or pesto!



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1. BOIL THE POTATOES

Chop **potato** into 2-3cm chunks. Place in a saucepan, cover with water and bring to a boil. Cook for 6-8 minutes or until just tender. Drain.



2. WHISK THE EGGS

Whisk the **eggs**. Grate **zucchini** and chop **chives** (reserve 1/2 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. Dice and add **bacon**. Cook for 3-4 minutes. Dice **tomato** and add to pan with drained potatoes.



4. POUR IN THE EGG MIX

Pour in the egg mixture and stir briefly to combine. Cover the pan and cook over medium-low heat for 10 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.



6. FINISH AND SERVE

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

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