



Product Spotlight: Sweet Potato

Sweet potato isn't just for use in savoury dishes; due to its natural sweetness, you can add it to muffins, brownies or cakes!



Bacon Quiche

with Mixed Potato Hash Brown Crust

This hash brown has all the flavour, and none of the naughty-food guilt! White and sweet potatoes, are oven baked to make the crust of this delicious, family-friendly bacon quiche, filled with sneaky veg, topped with melted cheese.



45 minutes



2 servings



Pork

Frittata!

Want to skip the hash brown crust? No stress! Roughly chop the potatoes, add to a saucepan of boiling water and cook until tender. Add to a large frypan with remaining ingredients and cook, covered, until eggs are set.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	43g	42g

FROM YOUR BOX

MEDIUM POTATOES	2
SWEET POTATOES	300g
STREAKY BACON	100g
GARLIC CLOVE	1
ZUCCHINI	1
PARSLEY	1 packet
FREE-RANGE EGGS	6-pack
SHREDDED CHEDDAR CHEESE	1 packet
BABY SPINACH	60g

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, dried thyme

KEY UTENSILS

large frypan, food processor, oven dish or cake tin

NOTES

If your food processor does not have a grater attachment, process potatoes to a fine texture. Alternatively, use a box grater.

Use a small glass to help you evenly press the mixture into the tin. When using a cake tin to bake the hash brown, you may experience some leakage through the bottom. Place cake tin on an oven tray to prevent unwanted mess.



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1. PREPARE THE HASH BROWN

Set oven to 220°C.

Use a food processor with grater attachment to grate **potatoes** (see notes). Squeeze out excess liquid and add to a large bowl with **1 1/2 tbsp oil** or **melted butter**. Season with **salt and pepper**.



2. BAKE THE HASH BROWN

Line the base of a 23cm cake tin and grease the sides. Press **hash brown mix** evenly over the base and sides of the tin, coming as high up the sides as possible (see notes). Bake for 15 minutes until golden.



3. PREPARE THE INGREDIENTS

Slice **bacon** and crush **garlic**. Grate **zucchini** (in food processor or on box grater). Finely slice **parsley** (reserve some for garnish). Crack **4 eggs** into a bowl, add **1/2 packet cheese**, **salt and pepper**. Whisk to combine.



4. COOK THE BACON

Heat a large frypan over medium-high heat. Add **bacon**, **garlic**, **parsley** and **2 tsp thyme**. Cook for 3 minutes until **bacon** begins to brown. Add **zucchini** and cook for further 3 minutes to soften. Add **baby spinach** to wilt. Remove from heat and season with **salt and pepper**.



5. COOK THE QUICHE

Add **bacon filling** to **hash brown base**. Pour over **egg mix** and sprinkle over remaining **cheese**. Bake for 15-25 minutes until **egg mix** has set.



6. FINISH AND SERVE

Garnish **quiche** with reserved **parsley**. Serve table side.

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