



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Go Goat


Go Goat is a premium Australian brand. Their traditionally made goat cheese is a luxurious and unique alternative to other cheeses.



H4 **Folded Omelette** with Mushrooms and Goat Cheese

Sautéed button mushrooms served with capsicum strips and goat cheese in a folded omelette with a crunched kale salad.

 30 minutes

 4 servings

 Vegetarian

25 November 2022

Switch it up!

Instead of making a crunched kale salad, use the kale leaves to make chips. Toss with oil, salt and pepper and roast on an oven tray until crispy.

Per serve: **PROTEIN** 25g **TOTAL FAT** 25g **CARBOHYDRATES** 16g

FROM YOUR BOX

GOAT CHEESE	1 tub
KALE	1 bunch
FREE-RANGE EGGS	6-pack
RED ONION	1
BUTTON MUSHROOMS	1 bag (300g)
AVOCADO	1
ROASTED PEPPERS	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper, balsamic vinegar

KEY UTENSILS

2 frypans

NOTES

Substitute water for milk or cream for a more French-style omelette.

Instead of making omelettes, make one large frittata. Pour egg mixture over cooked vegetables. Cook, covered, for 8-10 minutes until eggs are set.



1. SCRUNCH THE KALE

Add 2 tbsp oil from goat cheese tub, 1 tbsp goat cheese, **1 tbsp vinegar, salt and pepper** to a large bowl. Whisk to combine. Finely slice kale leaves. Add to dressing bowl and use clean hands to scrunch kale to tenderise.



2. PREPARE THE INGREDIENTS

Crack eggs into a bowl with **1/2 cup water** (see notes). Season with **salt and pepper**. Whisk to combine. Slice onion. Halve or quarter mushrooms.



3. SAUTÉ THE MUSHROOMS

Heat a frypan over medium-high heat with **oil**. Add onion and mushrooms. Sauté for 4-6 minutes until vegetables are tender. Add **1 tbsp vinegar**. Season to taste with **salt and pepper** (see notes).



4. COOK THE OMELETTES

Meanwhile, heat a second frypan over medium-high heat with **oil**. Pour 1/2 cupfuls of egg mix into pan and cook for 2-3 minutes until golden and just set. Slide out of pan onto plates and repeat with remaining mixture.



5. FINISH AND SERVE

Slice avocado and roasted peppers.

Add sautéed mushrooms to omelettes with pepper strips. Dot over remaining goat cheese and fold omelette. Serve with crunched kale and sliced avocado.

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

