



Product Spotlight: Dill


Back in the day it was believed that dill had magical powers and could save you from both witchcraft and nightmares! Nowadays we know dill is great to calm the digestive system among many other benefits.



H4 Pytt I Panna with Dill and Goats Cheese

Pytt i panna mean 'little pieces in a pan' and is a lovely one-pan Swedish hash. This version includes root vegetables, eggs and is topped with dill, goats cheese and snow pea sprouts.

 30 minutes

 4 servings

 Vegetarian

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Switch it up!

You can roast the potatoes and carrots in the oven to make them crispy. Then you can cook the eggs however you like; fried, boiled or poached.

Per serve: **PROTEIN** 23g **TOTAL FAT** 17g **CARBOHYDRATES** 36g

FROM YOUR BOX

BROWN ONION	1
POTATOES	1 bag (800g)
CARROTS	2
DILL	1 packet
RED CHILLI	1
GOATS CHEESE	1 packet
LEMON	1
SNOW PEA SPROUTS	1 punnet
FREE-RANGE EGGS	6

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan with lid

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



1. COOK THE HASH

Heat a large frypan over medium-high heat with **oil**. Slice onion and add to pan as you go. Dice potatoes and carrots. Toss in pan with onion. Cook, stirring occasionally, for 10-12 minutes. Season with **salt and pepper**.



4. COOK THE EGGS

Stir through reserved lemon zest. Crack eggs into pan. Cook, covered, for 5-7 minutes or until eggs are cooked to your liking.



2. PREPARE TOPPINGS

Roughly chop dill and chilli. Crumble goats cheese.



3. DRESS THE GREENS

Zest lemon, reserve for step 4. Halve snow pea sprouts. Toss in a bowl with juice from 1/2 lemon (wedge remaining).



5. FINISH AND SERVE

Divide hash and eggs among plates. Top with goats cheese, dill and chilli. Serve with dressed snow pea sprouts.

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

