



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Zucchini


Did you know that zucchini is a great source of vitamin K, a vitamin which isn't lost during cooking. Vitamin K is essential for healthy bones and blood clotting.



H4 Roasted Carrot Frittata with Feta and Herby Topping

A quick and easy feta cheese stove-top frittata with roasted rainbow carrots and a herbaceous topping.

 25 minutes

 4 servings

 Vegetarian

4 March 2022

Bulk it up!

If you are looking to bulk up this meal you could use some pastry to turn the frittata into a quiche or serve with slices of crusty bread.

Per serve: **PROTEIN** 24g **TOTAL FAT** 45g **CARBOHYDRATES** 16g

FROM YOUR BOX

PURPLE CARROTS	3
CARROTS	2
ZUCCHINIS	2
FREE-RANGE EGGS	6-pack
PERSIAN FETA CHEESE	1 tub
CHIVES	1 bunch
ROCKET LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, white wine vinegar

KEY UTENSILS

large frypan with lid, oven tray

NOTES

You could season the carrots with lemon pepper, fennel seeds, caraway seeds, or rosemary if you have some.

You can use the oil from the tub of Persian feta cheese as it is very flavourful.



1. ROAST THE CARROTS

Set oven to 220°C.

Slice all carrots. Toss on a lined oven tray with **oil, salt and pepper** (see notes). Roast for 15–20 minutes until carrots are tender.



2. FRY THE ZUCCHINIS

Heat a large frypan over medium-high heat with **oil** (see notes). Cut zucchinis into crescents and add to pan as you go. Fry for 4–6 minutes, until they begin to brown.



3. COOK THE FRITTATA

Crack eggs into a bowl and whisk with **salt and pepper**. Pour egg mix into frypan, stirring gently. Dot over Persian feta (reserve oil for step 4). Lower heat to medium. Cook, covered, for 8–10 minutes until eggs are set.



4. MAKE THE TOPPING

Whisk together 1 tbsp oil from Persian feta tub, **1 tbsp vinegar, salt and pepper** in a large bowl. Slice chives. Add to bowl with dressing along with rocket leaves. Toss gently to coat.



5. FINISH AND SERVE

Top frittata with roasted carrots and herby topping. Serve at the table for everyone to cut their own slices.

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**

