



### 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



4 servings



Pork

## Cooking for little kids?

*If you have picky little eaters you can peel the zucchini before grating it. Add the chives and cherry tomatoes to the salad instead of into the frittata!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	36g	58g

## FROM YOUR BOX

MEDIUM POTATOES	2
FREE-RANGE EGGS	6-pack
ZUCCHINI	1
CHIVES	1 bunch
PARMESAN CHEESE	1 packet
BACON	200g
CHERRY TOMATOES	200g
BABY COS LETTUCE	1
PEARS	2

## 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!



### 1. BOIL THE POTATOES

Chop potatoes 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 with **1/3 cup water**. 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. Halve or quarter tomatoes 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 pears, 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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