



### 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



4 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
	37g	70g	45g

## FROM YOUR BOX

MEDIUM POTATOES	1kg
SWEET POTATOES	300g
STREAKY BACON	200g
GARLIC CLOVES	2
ZUCCHINI	1
SPRING ONIONS	1 bunch
FREE-RANGE EGGS	6-pack
SHREDDED CHEDDAR CHEESE	1 packet
BABY SPINACH	120g

## 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.



### 1. PREPARE THE HASH BROWN

Set oven to 220°C.

Use a food processor with grater attachment to grate **potatoes** (see notes). Squeeze excess liquid from potatoes and add to a large bowl with **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 **spring onions** (reserve tops garnish). Crack **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, spring onions** and **2 tsp thyme**. Cook for 3 minutes until bacon begins to brown. Add **zucchini** and cook for a further 3 minutes to soften zucchini. Add **baby spinach** and mix over heat to wilt **spinach**. 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 **spring onions**. Serve table side.

**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**

