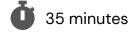




# **Sweet Potato Frittata**

## with Smoked Tomatoes and Salad

A clever swap of eggs for chickpea flour mix to make this frittata. Lots of flavour from sweet potatoes, onion and smoked tomatoes. Served with salad and smoked tomato sauce.







# Make some muffins!

Grate sweet potatoes and dice onion. Stir into whisked frittata mix with dried Italian herbs and chopped tomatoes. Add some vegan cheese and bake for 25-30 minutes.

TOTAL FAT CARBOHYDRATES

63g

#### FROM YOUR BOX

FRITTATA MIX	1 packet
SWEET POTATOES	600g
RED ONION	1
SMOKED TOMATOES	1 tub (350g)
THYME	1 packet
RED APPLE	1
BABY BEET AND LEAVES	1 bag (180g)
COCONUT BACON	1 packet (15g)

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried Italian herbs, balsamic vinegar

#### **KEY UTENSILS**

non-stick oven-proof frypan (see notes), stick mixer

#### **NOTES**

If you don't have a non-stick, oven-proof frying pan, you can line a normal frypan or transfer the mixture into an oven dish.

The cooking time will vary on how small you cut the sweet potato. We cut ours into a small dice.

If you would prefer your sauce to be pourable add a little more water and vinegar.

**Frittata Mix Ingredients:** Chickpea flour, nutritional yeast, bicarbonate soda, salt



# 1. PREPARE FRITTATA MIX

Set oven to 200°C.

Blend or whisk frittata mix together with **2 cups water** until smooth. Leave to rest.



# 2. SAUTÉ THE VEGETABLES

Heat an oven-proof, non-stick frypan with oil. Dice sweet potato into 2cm pieces (see notes), dice red onion, add to pan as you go along with 2 tsp Italian herbs. Cook for 5-6 minutes until starting to soften.



#### 3. ADD TOMATOES

Drain and roughly chop smoked tomatoes. Add 1/2 to pan along with 1 tbsp thyme leaves. Pour over frittata mix and stir to combine. Place in the oven for 10-15 minutes until golden and firm to touch.



#### 4. MAKE THE SAUCE

Place remaining tomatoes, 1 tbsp thyme leaves, 1 tbsp balsamic vinegar and 3 tbsp water in a jug. Blend together until smooth. Season with salt and pepper (see notes).



# 5. MAKE THE SALAD

Slice apple and toss together with baby beet and leaves, coconut bacon, 1/2 tbsp olive oil and 1 tsp vinegar.



#### 6. FINISH AND SERVE

Slice frittata and serve with a dollop of sauce and salad on the side. Garnish with extra thyme leaves.

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



