



Product Spotlight: Sweet Potato

Sweet potato is high in fibre, very filling, and has a delicious sweet taste. Full of vitamin A and potassium, it packs a powerful nutritional punch!



K4 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.

 35 minutes

 4 servings

 Plant-Based

28 January 2022

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.

Per serve: **PROTEIN** 19g **TOTAL FAT** 5g **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**

