



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!



Sweet Potato Frittata

with Sun Dried Tomatoes and Salad

A clever swap of eggs for chickpea flour mix to make this frittata, packed with filling veggies, served with salad and sun-dried tomato sauce.



35 minutes



4 servings



Plant-Based

Individual Portions!

Grate sweet potatoes and dice onion. Stir into whisked frittata mix with dried Italian herbs and chopped tomatoes. Divide ingredients into a muffin tray and some vegan cheese! Bake for 25-30 minutes or until set.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	15g	116g

FROM YOUR BOX

FRITTATA MIX	1 packet
SWEET POTATOES	800g
RED ONION	1
SUN-DRIED TOMATOES	250g
THYME	1 packet
RED APPLE	1
CARROT	1
MESCLUN LEAVES	2x 60g
BBQ SNACKING SEEDS	1 packet

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 fry pan, you can line a normal frypan or transfer the mixture into a lined 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 THE FRITTATA MIX

Set oven to 200°C.

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



2. SAUTÉ THE VEGETABLES

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



3. ADD THE TOMATOES

Drain and roughly chop 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 with stick mixer until smooth. Season with **salt and pepper** (see notes).



5. MAKE THE SALAD

Slice apple. Julienne, grate or ribbon carrot using a peeler. Toss with mesclun leaves, BBQ seeds, **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**

