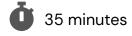




# Tomato & Leek Chickpea Frittata

An eggless frittata slice with sweet leek, zucchini and tomatoes topped with roast capsicum strips and served with a fresh apple salad on the side.





2-3 servings Plant-Based



Spice it up!

If you have some nut cheddar you can grate some on top for a cheesy finish! It's easy to add any leftover veggies to this frittata, try spinach or chopped broccoli and capsicum.

PROTEIN TOTAL FAT CARBOHYDRATES

28g

83g

## **FROM YOUR BOX**

LEEK	1/2 *
CARROT	1
ZUCCHINI	1/2 *
CHERRY TOMATOES	1 bag (200g)
GARLIC	1 clove
CHICKPEA FLOUR MIX	1 packet
BABY COS LETTUCE	1*
RED APPLE	1
ROAST CAPSICUM STRIPS	1 tub
LEMON	1/2 *

<sup>\*</sup>Ingredient also used in another recipe

### FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried oregano, red wine vinegar

#### **KEY UTENSILS**

oven proof frypan

## **NOTES**

If you don't have an oven proof frypan you can transfer the frittata mixture to an oven dish in step 4 instead.



## 1. PREPARE THE VEGETABLES

Set oven to 200°C.

Slice leek. Grate carrot and zucchini. Halve tomatoes.



# 2. SAUTÉ THE VEGETABLES

Heat an oven proof frypan over medium heat with **oil** (see notes). Add prepared vegetables and 1 crushed garlic clove. Cook for 5-7 minutes until softened. Season with **salt and pepper**. Take off heat.



## 3. PREPARE FRITTATA MIX

Whisk together chickpea flour mix with 2 tsp dried oregano and 2 cups water until smooth.



# 4. BAKE THE FRITTATA

Fold batter through vegetables in pan. Place in oven to cook for 10-15 minutes until set.



# 5. PREPARE SIDE SALAD

Roughly tear and rinse lettuce leaves. Slice apple. Toss together with 1/2 tbsp vinegar and 1 tbsp olive oil.



## **6. FINISH AND PLATE**

Slice frittata and top with drained capsicum strips. Wedge lemon and serve on the side along with salad.

**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 **O481 072 599** or send an email to **hello@dinnertwist.com.au** 



