



Product Spotlight: Leek

Leek has sweet, mild, onion-like taste. It is a rich source of dietary fibre, vitamins of the B-group, vitamins A, C and K and minerals such as potassium, iron, calcium and magnesium.



4 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.



35 minutes



2-3 servings



Plant-Based

8 February 2021

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.

Per serve: **PROTEIN** 28g **TOTAL FAT** 27g **CARBOHYDRATES** 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 * |

**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 **0481 072 599** or send an email to hello@dinnertwist.com.au

