




### Product Spotlight: Asparagus


Asparagus is a good source of vitamin E (among many others), an important antioxidant. This vitamin helps strengthen your immune system and protects cells from the harmful effects of free radicals.



## 3 Caramelised Onion & Pumpkin Frittata

Pumpkin, rosemary, caramelised onion and asparagus frittata served with fresh side salad.

 35 minutes

 4 servings

 Plant-Based

24 September 2021

### Scramble it!

*Instead of baking your tofu into a frittata, you could scramble it in a frypan then serve with the other ingredients.*

Per serve: **PROTEIN** 16g **TOTAL FAT** 16g **CARBOHYDRATES** 40g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
ROSEMARY SPRIG	1
BROWN ONION	1
SILKEN TOFU	2 x 300g packet
CASHEW PARMESAN	2 x 20g packet
ASPARAGUS	1 bunch
CHERRY TOMATOES	1/2 bag (200g) *
MESCLUN LEAVES	1 bag (120g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, sugar (of choice), white wine vinegar

## KEY UTENSILS

large oven-proof frypan, oven tray, stick mixer (or blender)

## NOTES

If you don't have an oven-proof frypan, transfer the ingredients to a lined oven dish to bake.

You can peel the pumpkin if you prefer. We like leaving the skin on to save time and for the added nutritional benefits.

You can add some fresh herbs to the frittata if you have some. Chives, parsley or basil would make a great addition.



### 1. ROAST THE PUMPKIN

Set oven to 250°C.

Dice pumpkin into 3cm pieces. Roughly chop rosemary leaves. Toss on a lined oven tray with **oil**. Season with **salt and pepper**. Roast for 8-10 minutes until tender.



### 2. CAMELISE THE ONION

Heat an oven-proof frypan over medium-high heat with **oil**. Slice and add onion. Cook for 5 minutes until soft. Stir in **1 tbsp vinegar** and **2 tsp sugar**. Cook for a further 5-7 minutes until caramelised. Season with **salt and pepper**.



### 3. PREPARE FRITTATA BASE

Using a stick mixer, blend tofu with cashew parmesan and **salt and pepper** to a smooth consistency.



### 4. BAKE THE FRITTATA

Trim and slice asparagus. Add to pan along with pumpkin and blended tofu mix. Bake for 15 minutes or until set.



### 5. TOSS THE SALAD

In a serving bowl whisk together **2 tbsp olive oil**, **1 tbsp vinegar**, **salt and pepper**. Halve cherry tomatoes. Add to bowl along with mesclun leaves and toss through dressing until well coated.



### 6. FINISH AND SERVE

Cut frittata into pieces and serve 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](mailto:hello@dinnertwist.com.au)

