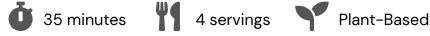




# Tomato & Leek Chickpea Frittata

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.







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.

## FROM YOUR BOX

LEEK	1/2 *
CARROT	1
ZUCCHINI	1
CHERRY TOMATOES	1/2 bag (200g) *
GARLIC	1 clove
CHICKPEA FLOUR MIX	1 packet
WATERCRESS	1 sleeve
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

Trim and slice watercress. 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.



