



Product Spotlight: Watercress

The stems are just as edible as the leaves and add a juicy crunch to dishes. Many cooks use the whole bunch to avoid waste and maximise flavour.



Scandi Smoked Salmon Frittata

A fresh, Scandi-style frittata loaded with tender potatoes, kale, and edamame beans, baked and topped with smoked salmon, dill sour cream, and a crisp watercress salad for a light and satisfying dinner.



40 minutes



Fish



4/6 servings

Add to it!

Fold through capers, peas, or thinly sliced zucchini before baking for extra flavour and texture. Serve any leftover frittata cold as a Scandi-style lunch slice with extra dill sour cream.

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	25g	23g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	3	800g
SHALLOT	1	2
EDAMAME BEANS	1 tin	2 tins
KALE LEAVES	3	3
FREE-RANGE EGGS	6-pack	2x 6-pack
DILL	1 packet	2 packets
LEMON	1	1
SOUR CREAM	1 tub	2 tubs
GREEN APPLE	1	2
WATERCRESS	1 sleeve	2 sleeves
SMOKED SALMON	100g	2x 100g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

oven-proof frypan (see notes)

NOTES

If you don't have an oven-proof frypan, transfer ingredients to an oiled oven dish at step 3 then bake.

For a more decadent frittata, substitute water for milk, pouring or whipping cream.



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1. PREPARE THE FILLINGS

Set oven to 250°C.

Slice **potatoes** and **shallot**, thinly slice **kale leaves** and drain **edamame beans**. Crack **eggs** into a jug, add **1/4 cup water** (see notes), **salt and pepper** and whisk to combine.

6P – crack 9 eggs into a jug with 1/3 cup water.



4. MIX THE SOUR CREAM

Finely chop **dill** and **zest lemon** (reserve remaining lemon for step 5). Add to a bowl along with **sour cream**. Mix to combine.



2. COOK THE POTATOES

Heat an oven-proof frypan over medium-high heat with **oil**. Add **potato** and **shallot** and cook for 5–8 minutes until **potatoes** are becoming tender. Add **kale** and **2 tsp oregano**, cook for a further 2 minutes to wilt **kale**. Season with **salt and pepper**.

6P – add 3 tsp oregano.



5. PREPARE THE TOPPINGS

Cut **apple** into matchsticks. Trim **watercress** and halve as desired. Add to a bowl along with **juice** from **1/2 lemon** (wedge remaining) and **1 tbsp olive oil**. Toss to dress. Set aside with **smoked salmon**.

6P – add juice from 1 lemon and 2 tbsp olive oil to bowl.



3. ADD EGGS & BAKE

Remove pan from heat. Add **edamame beans** and pour in **egg mix**. Stir to combine. Bake in oven for 10–15 minutes until set.



6. FINISH AND SERVE

Top **frittata** with **dill sour cream**, **salmon** and **watercress**. Serve tableside with **lemon wedges**.

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