



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

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.

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**.



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**.



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.



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.



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**.



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