



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Smoked chicken breast


The smoked chicken breast fillet from Holy Smoke is made in Western Australia. It's smoked with carefully selected fruit tree wood. Love it? Then grab another on the Dinner Twist marketplace!



4 Smoked Chicken and Corn Frittata

Great for dinner, and great in the lunchbox if you have any leftovers! Packed with nutrients and colour from seasonal veggies and free-range eggs, and with a tasty finish from the smoked chicken breast.

 30 minutes

 2-4 servings

 Chicken

13 July 2020

Portion it!

Instead of making one large frittata, you can instead mix the fried veggies & chicken with eggs, cheese, salt & pepper in a bowl. Then, divide the mixture into a muffin-tray for portioned egg-bites! Bake in the oven at 200°C until firm.

FROM YOUR BOX

BROWN ONION	1/2 *
CORN COB	1
ZUCCHINI	1/2 *
SMOKED CHICKEN BREAST FILLET	1 packet
FREE-RANGE EGGS	6-pack
GRATED CHEESE	1/2 packet (100g) *
BABY COS LETTUCE	1 *
LEBANESE CUCUMBER	1
TOMATO	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, fennel seeds (optional, see notes), dried oregano, balsamic vinegar

KEY UTENSILS

frypan with lid

NOTES

Swap fennel seeds for any spice you like such as paprika, garlic powder or dried thyme.

If grating the zucchini, you can place it in a clean tea towel and squeeze to remove excess water.

For a golden top, finish the frittata by grilling in the oven for a minute or two.



1. COOK THE ONION

Heat a large frypan with **1 tbsp oil** over medium heat. Slice and add onion with **1/2 tsp fennel seeds and 1/2 tsp oregano**. Cook for 5 minutes until onion has softened.



2. ADD VEGGIES AND CHICKEN

Remove kernels from corn cob and add to pan with grated (or diced) zucchini (see notes). Cook for 3-4 minutes, then thinly slice and add chicken.



3. PREPARE FRITTATA MIX

Break eggs into a bowl and whisk. Add grated cheese, **salt and pepper** and stir to combine.



4. COOK THE FRITTATA

Pour egg mix into frypan, stirring gently. Cover and cook for 8-10 minutes or until set (see notes).



5. MAKE THE SALAD

Roughly chop lettuce and cucumber, wedge tomato. Toss together in a bowl with **2 tsp olive oil, 1 tsp vinegar, salt and pepper**.



6. FINISH AND PLATE

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**

