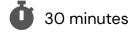


# **Smoked Chicken and Corn Frittata**

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







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

LEEK	1
CORN COBS	2
ZUCCHINI	1
SMOKED CHICKEN BREAST FILLET	1 packet
FREE-RANGE EGGS	6-pack
GRATED CHEESE	1/2 packet (100g) *
BABY COS LETTUCE	1*
LEBANESE CUCUMBER	1
CHERRY TOMATOES	1 bag (200g)

<sup>\*</sup>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**

large 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 LEEK

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



#### 2. ADD VEGGIES AND CHICKEN

Remove kernels from corn cobs 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, halve cherry tomatoes. Toss together in a bowl with 1 tbsp olive oil, 1/2 tbsp 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



