



### Product Spotlight: Ricotta

Ricotta means re-cooked. It is a fresh, soft Italian cheese made with whey. Whey is a liquid by-product in cheese making that is usually discarded, so it's a great sustainable product!



## Smoked Salmon Frittata

A spring inspired oven baked egg frittata with potato, asparagus and smoked salmon, dotted with fresh ricotta cheese and sprinkled with dill, paired with a fresh leafy salad.



35 minutes



2 servings



Fish

## Switch it up!

*You can add more vegetables to make a bigger frittata for more serves! Add some zucchini, broccoli or sliced capsicum if you have some.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	44g	53g

## FROM YOUR BOX

MEDIUM POTATOES	2
ASPARAGUS	1 bunch
DILL	1 packet
FREE RANGE EGGS	6-pack
SMOKED SALMON	1 packet
RICOTTA	1 tub
MESCLUN LEAVES	60g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice)

## KEY UTENSILS

oven proof frypan

## NOTES

You can use a frypan with lid if you don't have an oven proof frypan. Leave the oven off and keep the pan on the stove at step 4 on medium heat. Cover with lid and cook until eggs are set.

We used red wine vinegar for the dressing. You could also use a pre made vinaigrette of choice.



### 1. COOK THE POTATOES

Set oven to 250°C.

Heat an oven proof frypan over medium-high heat with **oil** (see notes).

Thinly slice potatoes and add to pan as you go. Season with **salt and pepper**. Cook for 5 minutes until just tender.



### 2. ADD THE ASPARAGUS

Trim and slice asparagus into 2-3cm lengths. Add to potatoes and cook for 3-5 minutes until tender.



### 3. WHISK THE EGGS

Meanwhile, roughly chop 1/2 dill. Whisk together with eggs and **1/4 cup water (or milk)**. Pour into pan and take off heat.



### 4. COOK THE EGGS

Roughly tear salmon and tuck into eggs. Dollop with ricotta and season with **pepper**. Bake in oven for 10-15 minutes until set.



### 5. DRESS THE SALAD

Whisk together **1/2 tbsp vinegar, 1 tbsp olive oil, salt and pepper** in a large salad bowl (see notes). Add mesclun leaves and gently toss to dress.



### 6. FINISH AND SERVE

Pick remaining dill fronds and use to garnish frittata. Serve with salad.



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