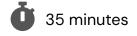






Smoked Salmon Frittata

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.







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

28g

26g

40g

FROM YOUR BOX

MEDIUM POTATOES	3
ASPARAGUS	1 bunch
DILL	1 packet
FREE RANGE EGGS	6-pack
SMOKED SALMON	1 packet
RICOTTA	1 tub
AVOCADO	1
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 over 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 mediumhigh 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). Slice and add avocado along with mesclun leaves. Gently toss to dress.



6. FINISH AND SERVE

Pick remaining dill fronds and use to garnish frittata. 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



