V

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Spanish Tortilla

with Cheese Crust

Spanish-style baked potato and egg frittata with capsicum, sweet corn and a golden melted cheese crust, garnished with fresh parsley.

40 minutes Vegetarian 4/6 servings

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	4	6
BROWN ONION	1	2
RED CAPSICUM	1	2
CORN COBS	2	2
FREE-RANGE EGGS	6-pack	2 x 6-pack
SHREDDED CHEDDAR CHEESE	1 packet	2 packets
PARSLEY	1 packet	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper, smoked paprika

NOTES

You can substitute milk with water or cream.

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1. ROAST THE POTATOES

Set oven to 220°C. Dice **potatoes** (3cm) and toss with **3 tsp paprika, oil, salt and pepper** on a lined oven tray. Roast for 25 minutes, until cooked through.
6P- use 1 tbsp paprika.

TIP *Add some sweet potato for bulk. Ground cumin or coriander can also add flavour.*

2. SAUTÉ THE VEGETABLES

Slice **onion** and **capsicum**. Cut kernels from **corn cobs**. Cook onion in a frypan over medium-high heat with **oil** for 5 minutes until softened. Add capsicum and corn to cook for a further 3-5 minutes, until tender. Season with **salt and pepper**.

TIP *Add sliced zucchini or mushrooms if you have some on hand. Use an ovenproof frypan if possible and transfer all ingredients into pan for step 3.*

3. BAKE THE TORTILLA

Transfer **roast potatoes** and sautéed **vegetables** to a lined oven dish. Whisk together **eggs, 1/4 cup milk** (see notes), **salt, pepper** and pour over top. Stir through **1/2 packet cheese** and sprinkle top with remaining. Bake in oven for 10 minutes or until set.
6P- Whisk eggs with 1/2 cup milk/water or cream. Stir through 1 packet cheese and top with remaining packet.

TIP *For extra flavour, stir through some olives or parmesan cheese before baking.*

4. FINISH AND SERVE

Serve the **tortilla** at the table and garnish with chopped **parsley**.

TIP *Serve the tortilla with a salad of choice and some chutney or relish.*

This recipe has simplified instructions to help lower your meal cost.