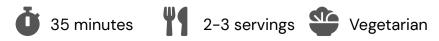


Product Spotlight: Free Range Eggs

Eggs are nutritional powerhouses! They contain very high quality protein and iron, an abundance of vitamins, minerals and disease-fighting carotenoids!

2 Caramelised Onion & Pumpkin Frittata

Pumpkin, rosemary, caramelised onion and asparagus frittata served with fresh side salad.



24 September 2021



If you have some short crust or puff pastry, you can turn this dish into a quiche. Set the oven to 220°C. Fill your pastry with the prepared ingredients and bake for 25–30 minutes until your pastry is crisp and eggs are set.

FROM YOUR BOX

RED ONION	1/2 *
DICED PUMPKIN	1 bag (400g)
ROSEMARY SPRIG	1
FREE RANGE EGGS	6-pack
ASPARAGUS	1 bunch
CHERRY TOMATOES	1/2 bag (100g) *
MESCLUN LEAVES	1 bag (60g)



1. CARAMELISE THE ONION

Heat a frypan over medium-high heat with oil. Slice and add onion. Cook for 5 minutes until soft. Stir in **2 tsp vinegar** and **1 tsp sugar.** Cook for a further 5-7 minutes until caramelised. Season with **salt and pepper.** Remove from pan.



2. COOK THE PUMPKIN

Heat a second frypan over medium-high heat with **oil**, add pumpkin. Remove rosemary leaves from stalk and roughly chop. Add to pan and cook, covered, for 8-10 minutes until softened. Season with **salt and pepper.**



3. PREPARE THE EGGS

Break eggs into a bowl. Whisk together. Season with **salt and pepper.**

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, sugar (of choice), white wine vinegar

KEY UTENSILS

2 frypans

NOTES

If your frypan is oven-proof you can also bake the frittata there at 200°C until eggs are set.

Protein upsize - protein upsize is 1 tub of labanneh cheese. Dot the cheese into your frittata before cooking.



4. COOK THE FRITTATA

Trim and slice asparagus. Add to pan with pumpkin, along with caramelised onions. Stir in egg mixture, and combine well. Cover and cook for 8-10 minutes or until set (see notes).



5. TOSS THE SALAD

In a serving bowl whisk together **1 1/2 tbsp olive oil, 3 tsp vinegar, salt and pepper.** Halve cherry tomatoes. Add to bowl along with mesclun leaves and toss through dressing until well coated.



6. FINISH AND SERVE

Cut frittata into pieces and serve with salad.

