



### Product Spotlight: The Naked Food Co

The Naked Food Co are a WA-based company. Their products are freshly made using the finest WA produce.



## 3 Charred Eggplant Frittata with Fresh Cheese

A mediterranean-inspired stove top frittata with charred eggplant, cherry tomatoes and fresh cheese served with green vegetables tossed in vinegar.

 25 minutes

 2 servings

 Vegetarian

17 December 2021

## Switch it up!

*If you have some extra time up your sleeve, you can roast the vegetables for 20-25 minutes in the oven until caramelised then add to your frittata pan and cook with the egg mixture.*

Per serve: **PROTEIN** 30g **TOTAL FAT** 39g **CARBOHYDRATES** 31g

## FROM YOUR BOX

BABY EGGPLANT	1
SHALLOT	1
CHERRY TOMATOES	1 bag (200g)
FREE-RANGE EGGS	6
LABNEH/PERSIAN FETA	1 tub
BROCCOLINI	1
COURGETTES	2

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar, sumac, ground coriander

## KEY UTENSILS

large frypan, griddle pan

## NOTES

If you don't have sumac you can use just ground coriander, or replace it with lemon zest, lemon pepper, harissa paste or ground cumin.

You can cook the broccolini on the BBQ or in a frypan if preferred.

**Protein upsize** – tub of olives. Add olives to frittata or toss with the greens.



### 1. COOK THE EGGPLANT

Heat a large frypan over high heat with **oil**. Quarter eggplant lengthways. Place in pan cut-side down and cook, turning occasionally, for 5-8 minutes until golden and nearly charred.



### 2. ADD THE VEGETABLES

Thinly slice shallot. Add to pan along with cherry tomatoes and cook, semi-covered, for 5-7 minutes until vegetables are beginning to soften.



### 3. MIX THE EGGS

Crack eggs into a bowl. Add in **2 tsp sumac, 1 tsp coriander, salt and pepper**. Whisk together. Pour into pan and stir to combine. Dot labneh/Persian feta into frittata. Cook, covered, for 8-10 minutes or until set.



### 4. COOK THE BROCCOLINI

Heat a griddle pan (see notes) over medium-high heat with **oil**. Trim broccolini and add to pan. Cook, turning, for 3-5 minutes or until broccolini is charred.



### 5. TOSS THE GREENS

In a bowl whisk together **1 tsp vinegar, 2 tsp olive oil, salt and pepper**. Ribbon courgettes. Add to dressing along with broccolini. Toss until well combined.



### 6. FINISH AND SERVE

Serve slices of frittata on plates with greens.

**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](mailto:hello@dinnertwist.com.au)

