



Product Spotlight: Leek


Leek has sweet, mild, onion-like taste. It is a rich source of dietary fibre, vitamins of the B-group, vitamins A, C and K and minerals such as potassium, iron, calcium and magnesium.



3 Feta Cheese Pan Tart with Fresh Corn

A stove top pan tart with free range eggs, feta cheese, leek, spinach and corn served with a fresh salad of watercress.

 30 mins

 2 servings

 Vegetarian

9 April 2021

Portion it!

Instead of cooking one large tart, you can divide the vegetables and egg mixture into muffin cups and bake in the oven at 200°C until set.

Per serve: **PROTEIN** 29g **TOTAL FAT** 37g **CARBOHYDRATES** 22g

FROM YOUR BOX

LEEK	1/2 *
ZUCCHINI	1
CORN COB	1
ENGLISH SPINACH	1/2 bunch *
FREE RANGE EGGS	6 pack
FETA CHEESE	1/2 packet *
WATERCRESS	100g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, dried dill (or dried oregano), white wine vinegar

KEY UTENSILS

large frypan with lid

NOTES

Serve tart in the pan to save on dishes.

Protein upsize add-on - green olives. Add to the salad.



1. PREPARE VEGETABLES

Slice leek, dice zucchini, remove corn kernels from cob. Rinse and slice spinach leaves.



2. SAUTÉ VEGETABLES

Heat a frypan over medium-high heat with oil. Add leek, squash and corn, cook for 4-5 minutes or until tender. Stir in spinach leaves.



3. WHISK EGGS

Whisk together eggs, 1 tsp dried dill, salt and pepper.



4. ADD FETA AND COOK

Pour egg mixture in to pan, break over feta, cover with a lid and cook for 8-10 minutes or until set.



5. PREPARE SALAD

Whisk together 1 tbsp olive oil, 1 tsp white wine vinegar, salt and pepper.

Trim and slice watercress, toss in a bowl with dressing.



6. FINISH AND PLATE

Serve tart with salad (see notes).

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**

