



Product Spotlight: Eggs

Eggs have disease-fighting nutrients, good quality protein and loads of vitamins & minerals. Plus your brain development and memory may get a boost by the choline content as well!



3 Spanish Chorizo Tortilla

A delicious potato and smokey chorizo tortilla finished with creamy labanneh cheese and fresh parsley, served with a side of sprouts.

 30 mins

 2 servings

 Pork

15 March 2021

Spice it up!

Using a smoked paprika, often called pimento, will add a beautiful smokey flavour profile which will compliment the chorizo.

Per serve: **PROTEIN** 42g **TOTAL FAT** 53g **CARBOHYDRATES** 40g

FROM YOUR BOX

BABY POTATOES	300g
CHORIZO	1 packet (150g)
SPRING ONIONS	2 *
ZUCCHINI	1/2 *
GARLIC	1 clove *
FREE RANGE EGGS	6 pack
LABANNEH CHEESE	1/2 tub *
PARSLEY	1/2 bunch *
SPROUTS	1 punnet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground paprika

KEY UTENSILS

large frypan with lid

NOTES

You can use milk of choice instead of water in the egg mixture for a creamier finish.

Serve the tortilla in the pan to save washing up extra dishes!

Dress the sprouts with olive oil if preferred.

No pork option - chorizo is replaced with smoked chicken. Use a smoked paprika or dried herb on the potatoes if possible to boost the flavour. Slice chicken and add to pan along with egg mixture in step 3.



1. COOK POTATO & CHORIZO

Heat a frypan over medium-high heat with **2 tbsp oil**. Thinly slice potatoes and slice chorizo, add to pan as you go. Stir in **2 tsp paprika** and cook for 10-12 minutes, tossing occasionally, until just tender.



2. ADD GREENS

Slice spring onions and grate zucchini (squeeze out excess water). Add to pan as you go along with 1 crushed garlic clove.



3. ADD EGGS

Whisk eggs with **1/2 cup water** and season with **salt and pepper** (see notes). Pour into frypan and stir gently. Dot with labanneh cheese, cover with a lid and cook for 8-10 minutes or until set.



4. FINISH AND PLATE

Garnish tortilla with chopped parsley. Serve with side of sprouts (use to taste).

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**

