



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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.

 35 minutes

 4 servings

 Vegetarian

24 September 2021

Make a quiche!

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.

Per serve: **PROTEIN** 15g **TOTAL FAT** 17g **CARBOHYDRATES** 36g

FROM YOUR BOX

BROWN ONION	1
BUTTERNUT PUMPKIN	1
ROSEMARY SPRIGS	2
FREE RANGE EGGS	6-pack
ASPARAGUS	1 bunch
CHERRY TOMATOES	1/2 bag (200g) *
MESCLUN LEAVES	1 bag (120g)

**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

You can peel the pumpkin if you prefer. We like leaving the skin on to save time and for the added nutritional benefits.

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.



1. CAMELISE THE ONION

Heat a frypan over medium-high heat with **oil**. Slice and add onion. Cook for 5 minutes until soft. Stir in **1 tbsp vinegar** and **2 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**. Dice pumpkin (see notes) into 3cm pieces, 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 with **1/3 cup water/milk**. Season with **salt and pepper**.



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 large bowl whisk together **2 tbsp olive oil**, **1 tbsp 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.

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

