




### 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, and corn served with a fresh salad of watercress.

 30 mins

 4 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** 15g **TOTAL FAT** 19g **CARBOHYDRATES** 19g

## FROM YOUR BOX

LEEK	1/2 *
COURGETTES	2
BROCCOLI	1
CORN COBS	2
FREE RANGE EGGS	6 pack
FETA CHEESE	1/2 packet *
CHERRY TOMATOES	1 bag (200g)
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

Instead of water, you can use a milk of your choice for a creamier finish.

Serve tart in the pan to save on dishes.

**Protein upsized add-on - green olives.** Add to the salad.



### 1. PREPARE VEGETABLES

Slice leek, dice courgette, chop broccoli, and remove corn kernels from cobs.



### 2. SAUTÉ VEGETABLES

Heat a frypan over medium-high heat with oil. Add prepared vegetables and cook for 4-5 minutes or until tender.



### 3. WHISK EGGS

Whisk together eggs, **1/2 cup water** (see notes), **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.**

Cut cherry tomatoes in half, trim and slice watercress, toss together 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**

