

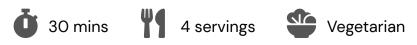
Product Spotlight: Leek

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.



with Fresh Corn

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





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.

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 upsize 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

