




Product Spotlight: Snow Pea Sprouts

Sprouts have many of the great benefits found in seeds but are even healthier because of the sprouting process which brings out enzymes. They also carry more protein, vitamins and minerals than unsprouted seeds.



3 Masala Egg Frittata

A delicious one pan Indian style omelette with potato and broccoli, spiced with black mustard seeds and cumin, topped with a fresh sprout and green chilli garnish.

 40 minutes

 4 servings

 Vegetarian

12 October 2020

Spice it up!

Switch up the flavours with some cumin seeds, curry powder or garam masala. Or if you prefer to not have a spiced frittata add some fresh rosemary or dried herb of choice.

Per serve: **PROTEIN** 19g **TOTAL FAT** 9g **CARBOHYDRATES** 37g

FROM YOUR BOX

SPRING ONIONS	1/2 bunch *
MEDIUM POTATOES	3
BROCCOLI	1
FREE RANGE EGGS	6 pack
TOMATO	1
CARROT	1
GREEN CHILLI	1
SNOW PEA SPROUTS	1/2 punnet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

sesame oil, salt and pepper, ground cumin, black mustard seeds, rice wine vinegar

KEY UTENSILS

large frypan with lid

NOTES

Add more oil to the vegetables as they sauté if the spice starts to burn in the pan.

Finish the frittata in the oven if you prefer, 10-15 minutes on 200°C.

Serve the frittata with a relish or chutney if preferred.

Protein upsize add-on option – paneer cheese.

Dice paneer and add to the vegetables in step 1. Alternatively, dice and cook for 4-5 minutes until browned. Serve on the side.



1. PREPARE THE VEGGIES

Heat a large frypan over medium heat with **sesame oil**. Slice spring onions, dice potatoes (2cm) and cut broccoli into small florets. Add to frypan as you go.



2. ADD SPICES AND SAUTÉ

Stir in **1 tsp black mustard seeds** and **1 tbsp cumin**. Increase heat to medium-high. Cook, stirring occasionally, for 10-12 minutes until just tender (see notes). Season with **salt and pepper**.



3. WHISK THE EGGS

Meanwhile, whisk eggs together with **1/2 cup water**. Chop tomato and grate carrot. Stir through egg mixture.



4. COOK THE EGGS

Stir egg mixture through vegetables in pan. Cover and cook for 10 minutes until eggs are set.



5. PREPARE TOPPINGS

Meanwhile, slice chilli and halve snow pea sprouts. Toss together with **1/2 tbsp vinegar** and **1/2 tbsp sesame oil**.



6. FINISH AND PLATE

Cut frittata into pieces and serve with topping.

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**

