

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



**Product Spotlight:
Sweet Potato**

Sweet potato is high in fibre, very filling and has a delicious sweet taste. Full of vitamin A and potassium, it packs a powerful nutritional punch!



3 Sweet Potato & Bacon Frittata

Substantial sweet potato and bacon frittata with pockets of melted cheddar cheese, served with a simple tomato & avocado salad.



20 minutes 4 servings Pork

8 March 2021

Serving Suggestions

Serve with your favourite sauce or chutney of choice (if desired). Use a muffin tin to make individual frittatas!

FROM YOUR BOX

SWEET POTATO	300g
DICED BACON 	1 packet (200g)
SPRING ONIONS	3/4 bunch *
YELLOW CAPSICUM	1/2 *
RED CAPSICUM	1/2 *
FREE-RANGE EGGS	6-pack
CHEDDAR CHEESE	1 packet
TOMATOES	3
AVOCADO	1
 OLIVES	1 tub

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, red wine vinegar

KEY UTENSILS


large frypan with lid (see notes)

NOTES

If you don't have a non-stick pan, line the pan with baking paper to prevent sticking, alternatively transfer to an oven dish and finish cooking in the oven.

Make sure your sweet potato has softened prior to adding the egg mixture at step 3.

No pork option – diced bacon is replaced with turkey. Slice and use as per recipe instructions.

 **VEG OPTION** – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.



1. COOK THE VEGETABLES


Heat a large pan with **oil** over medium heat. Dice and add sweet potato (1-2cm cubes) and bacon. Slice white part of spring onions and dice capsicums, add to pan as you go. Cook for 10 minutes, or until sweet potato is soft.

 **VEG OPTION** – Cook as above, without **bacon**.



2. WHISK THE EGGS

Meanwhile, whisk eggs with **1/3 cup water**, **salt and pepper**. Thinly slice half of the green spring onion tops. Add to egg mixture with diced cheese.

 **VEG OPTION** – Prepare as above, adding olives to egg mixture.



3. POUR IN EGG MIXTURE

Pour egg mixture (see notes) into the frypan and stir briefly. Cover the pan and cook over medium-low heat for 10 minutes or until set.



4. PREPARE THE SALAD

Roughly chop tomatoes and avocado, slice remaining spring onion tops. Toss in a bowl and dress with **1 tbsp olive oil**, **1/2 tbsp vinegar**, salt and pepper.



5. FINISH AND SERVE

Slice frittata and serve with tomato and avocado salad at the table.

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