



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Red Capsicum

An antioxidant called capsanthin is responsible for the red colour – it can also lower the risk of heart disease, certain cancers, and eye conditions.



## 4 Ham Frittata

Warming frittata, great for a chilly winter's evening (and tomorrow's lunch!). Made with WA-raised eggs, nitrate-free ham from Margaret River, and seasonal veggies.

 30 minutes

 2 servings

 Pork

16 July 2021

## Egg cups

*If preferred, make small frittata cups using muffin tin(s). Follow the recipe until step 3. Then, divide prepped ingredients into oiled muffin tins and cook in a 220°C oven until set.*

## FROM YOUR BOX

LEEK	1/2 *
GARLIC CLOVE	1
SLICED HAM	1 packet
RED CAPSICUM	1
CORN COB	1
FREE-RANGE EGGS	4
PARMESAN CHEESE	1/2 packet *
PARSLEY	1/2 bunch *
BABY LEAVES & BEETROOT	1/2 packet *
CAESAR DRESSING	1/2 bottle *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, smoked paprika, water/milk

## KEY UTENSILS

frypan

## NOTES

You can use all 6 eggs if preferred – or, add the remaining 2 to the Caesar chicken sub recipe.

If your frypan goes in the oven, you can also finish the frittata there.

**No pork option - ham is replaced with lemon and pepper roast chicken.**



### 1. FRY THE LEEK

Heat a frypan with **oil** over medium-high heat. Slice leek and crush garlic, adding to pan as you go with **1/2 tsp oregano** and **1/2 tsp paprika**. Cook for 3–4 minutes until leek has softened.



### 2. ADD HAM AND VEGGIES

Dice ham and half the capsicum, remove corn kernels from cob. Add to pan as you go. Cook for 4 minutes.



### 3. BEAT THE EGGS

Break the eggs (see notes) into a bowl and whisk with **1/3 cup water/milk**. Add Parmesan, chopped parsley (save a little for garnish), **salt and pepper**.



### 4. COOK THE FRITTATA

Pour egg mix into frying pan, stirring gently. Cover and cook for 8–10 minutes or until set (see notes).



### 5. TOSS THE SALAD

Slice remaining capsicum and toss in a bowl with leaves.



### 6. FINISH AND PLATE

Cut frittata into pieces and serve with salad and Caesar dressing.

**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](mailto:hello@dinnertwist.com.au)

