



Product Spotlight: Beetroot


Beets are high in vitamin C (immune-boosting), fibre and potassium (a mineral essential for healthy nerve and muscle function). They are ranked as one of the 10 most antioxidant-rich vegetables!



Beetroot and Labneh Frittata with Toasted Walnuts

Pre-cooked beetroot is the saviour for getting this gourmet frittata on the table with ease this holiday season. Creamy labneh, toasted walnuts and fresh watercress top it all off!

 25 minutes

 4 servings

 Vegetarian

23 December 2022

Save it!

This dish is a great option to serve to breakfast or brunch guests over the holiday season! Cook in puff pastry to make it a quiche, or add crusty bread or a fruit platter for extra serves.

Per serve: **PROTEIN** 22g **TOTAL FAT** 45g **CARBOHYDRATES** 21g

FROM YOUR BOX

WALNUTS	1 packet (130g)
RED ONION	1
ZUCCHINI	1
COOKED BEETROOT	1 packet
FREE-RANGE EGGS	6-pack
LABNEH	1 tub
LEBANESE CUCUMBERS	2
WATERCRESS	1 sleeve

FROM YOUR PANTRY

oil for cooking, salt, pepper, caraway seeds (see notes), red wine vinegar

KEY UTENSILS

large frypan (with lid)

NOTES

If you don't have caraway seeds you can use fennel seeds, dried oregano, or dried rosemary.

Use oil from labneh to dress the fresh elements.



1. TOAST THE WALNUTS

Heat a large frypan over medium-high heat. Roughly chop walnuts and add to pan. Toast for 2-4 minutes until golden. Remove from pan and keep pan over heat.



2. PREPARE THE FRITTATA

Meanwhile, slice red onion. Dice zucchini and beetroots.

Crack eggs into a bowl. Pour in **1/2 cup water** and season with **salt and pepper**. Whisk to combine.



3. SAUTÉ THE VEGETABLES

Add **oil** to reserved frypan. Add red onion, zucchini and **1 tbsp caraway seeds**. Sauté for 4-6 minutes until onion softens.



4. COOK THE FRITTATA

Add beetroot. Pour in egg mixture. Stir to combine. Dot labneh over frittata (see notes). Reduce heat to medium. Cook, covered, for 8-10 minutes until eggs are set.



5. TOSS THE FRESH ELEMENTS

Ribbon cucumbers. Add to a bowl along with watercress. Season with **2 tsp vinegar, salt and pepper**. Toss to combine.



6. FINISH AND SERVE

Sprinkle toasted walnuts over frittata. Serve tableside with watercress.

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**

