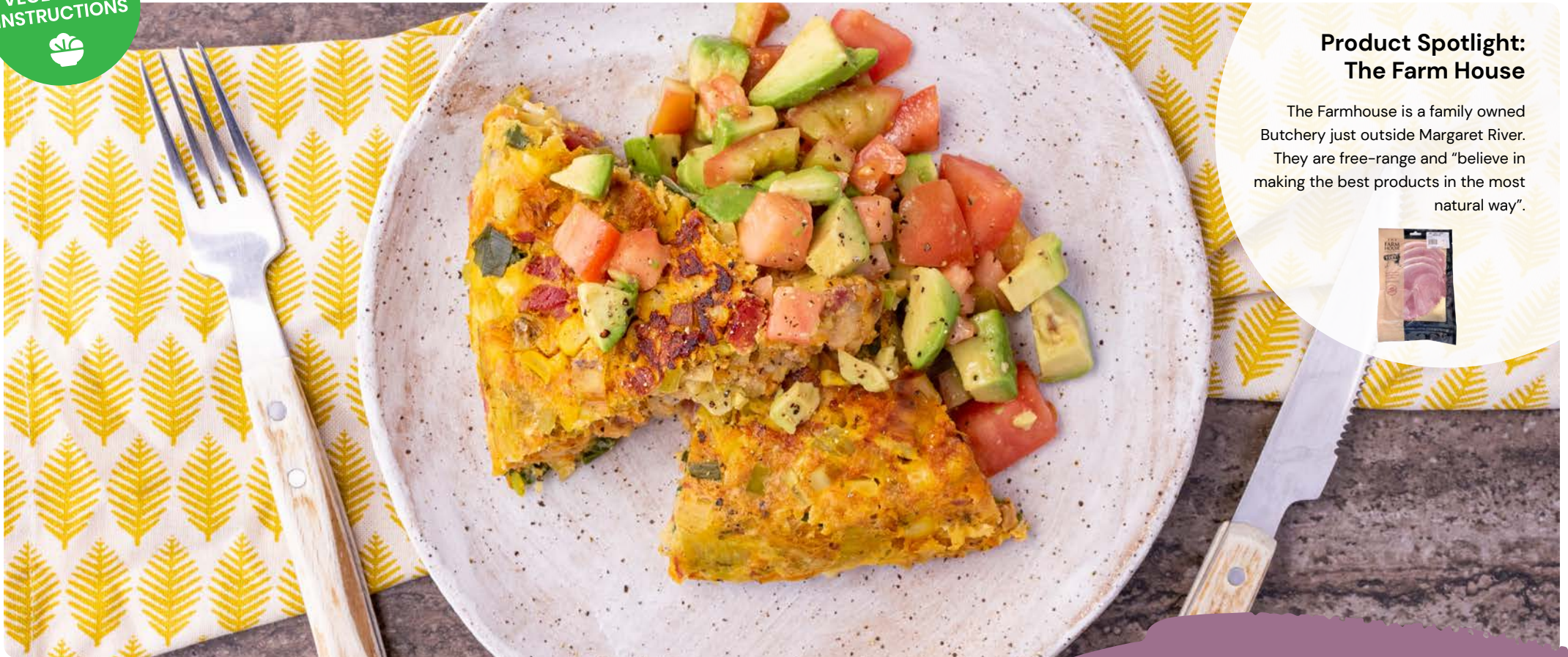




DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: The Farm House

The Farmhouse is a family owned Butchery just outside Margaret River. They are free-range and "believe in making the best products in the most natural way".



3 Smokey Ham & Cheese Frittata

A family friendly egg frittata with free-range smoked ham, grated sweet potato and melty cheddar cheese.

 25 minutes

 2 servings




 Pork

7 January 2022

Portion it!

You can freeze any remaining frittata slices ready to tuck into lunch boxes at a later date!

FROM YOUR BOX

SPRING ONIONS	3
SWEET POTATO	1
CORN COB	1
FREE RANGE HAM 	1 packet (90g)
FREE RANGE EGGS	6-pack
SHREDDED CHEESE	1 packet (200g)
TOMATO	1
AVOCADO	1
 ZUCCHINI	1
 RELISH	1 jar

FROM YOUR PANTRY

oil/butter for cooking, smoked paprika, salt, pepper


KEY UTENSILS

large frypan with lid

NOTES

You can also finish the frittata in the oven if you have an ovenproof frypan.

No pork option – ham is replaced with smoked turkey.

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



1. COOK THE SPRING ONIONS

Heat a frypan over medium heat with **oil**. Slice and add spring onions along with **1 tsp smoked paprika**. Cook for 2-3 minutes until softened.



2. ADD VEGGIES AND HAM

Grate sweet potato, remove corn from cob and slice ham. Add all to pan and cook for 3-4 minutes.

 **VEG OPTION** – Slice or grate zucchini. Add to pan along with vegetables above.



3. PREPARE FRITTATA MIX

Break eggs into a bowl and whisk. Stir through shredded cheese (use to taste). Season with **salt and pepper**.



4. COOK THE FRITTATA

Pour egg mix into frypan, stirring gently. Cover and cook for 8-10 minutes or until set.



5. MAKE THE SALSA

Meanwhile, dice tomato and avocado. Toss together.



6. FINISH AND SERVE

Cut frittata into pieces and serve with salsa.

 **VEG OPTION** – Cut frittata into pieces. Serve with salsa and relish.

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

