



Everything But The Chef

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Spring Frittata with Beans and Fetta

Ever wished you could eat breakfast at dinner time? We've made your dreams come true with this delicious Bacon, Fetta and Green Veg Frittata. Fry-off some bacon, add asparagus and zucchini and cook lightly so they're still a little crunchy, crumble fetta cheese, pour over the egg mixture and bake in the oven - yum! A fancy (but simple) night-time twist on that classic bacon and egg combo.

- Prep:** 10 mins
- Cook:** 20 mins
- Total:** 30 mins
- level 1**
- gluten free**
- high fibre**
- high protein**
- spicy**

Pantry Items



Milk



Free-Range Eggs



Chilli Flakes



Parsley



Bacon



Zucchini



Asparagus



Fetta Cheese



Baby Spinach

2P	4P	Ingredients
4	8	free-range eggs
¼ cup	½ cup	milk *
¼ tsp	½ tsp	chilli flakes
1 bunch	2 bunches	parsley, finely chopped
4 rashers	8 rashers	bacon, finely chopped
1	2	zucchini, thinly sliced diagonally
½ bunch	1 bunch	asparagus, trimmed & cut into 2 cm lengths
½ block	1 block	fetta cheese, crumbled
½ bag	1 bag	baby spinach, washed

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2530	Kj
Protein	40.4	g
Fat, total	45.9	g
-saturated	17.9	g
Carbohydrate	7	g
-sugars	6.5	g
Sodium	1710	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping board, jug or bowl, and a medium ovenproof frying pan.*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Whisk the **eggs**, **milk**, a pinch of **chilli flakes** (be careful, these can be really hot!) and **parsley** in a jug or bowl until well combined. Season with **pepper**.

3 Heat a dash of oil in a medium ovenproof frying pan over a medium-high heat. Add the **bacon** and cook, stirring, for **2-3 minutes** or until browned. Add the **zucchini** and **asparagus** and cook, stirring, for **2 minutes** or until softened slightly. Add the **fetta cheese** to the pan and pour in the egg mixture. Transfer the pan to the oven and cook for **10-15 minutes** or until set.

4 To serve, slice the frittata into wedges and divide between plates. Serve with the **baby spinach** drizzled with a little olive oil and a vinegar of your choice.



Did you know? Asparagus can be purple or white as well as green!