



Loaded Spanish-Style Tortilla Style Frittata

with Lemon Dressed Pea Shoots and Croutons

Nº 24

CLASSIC 30 Minutes • Veggie



Baking Potato



Red Pepper



Flat Leaf Parsley



Feta Cheese



Scrambled Egg Mix



Ciabatta



Lemon



Pea Shoots

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Saucepan, Colander, Frying Pan, Mixing Bowl and Baking Tray.

Ingredients

	2P	3P	4P
Baking Potato**	1	2	2
Red Pepper**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Feta Cheese 7)**	1 block	1½ blocks	2 blocks
Scrambled Egg Mix 7) 8)**	1 carton	1½ cartons	2 cartons
Ciabatta 11) 13)	1	2	2
Lemon**	½	1	1
Olive Oil for the Salad*	1 tbsp	2 tbsp	2 tbsp
Pea Shoots**	1 bag	1½ bags	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	626g	100g
Energy (kJ/kcal)	3176 / 759	508 / 121
Fat (g)	39	6
Sat. Fat (g)	16	3
Carbohydrate (g)	61	10
Sugars (g)	11	2
Protein (g)	44	7
Salt (g)	2.15	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK



1. Get Prepped

Preheat your oven to 200°C and bring a saucepan of **water** to the boil with ½ tsp of **salt**. Peel the **potatoes** and chop them into small 2cm chunks. Halve the **pepper** and discard the core and seeds. Slice into thin strips, then chop into 1cm chunks. Add the **potato** to the **boiling water** and simmer until you can easily slip a knife through them, 10-12 mins. Once cooked, drain in a colander.



4. Cook the Frittata

Once the **peppers** are cooked, add a knob of **butter** (if you have it) or another splash of **oil** if the pan is dry, then remove from the heat. Add the drained **potatoes**, **feta** and **half** the **parsley** and gently mix together. Then pour in the **egg mixture**, allow it to spread evenly across the pan, then pop back on the heat. Lower the heat to medium, cover with a lid or tin foil. Allow to cook on for 15-20 mins until the **frittata** is set all the way through.

TIP: Check occasionally and if the sides of the pan are starting to colour too quickly turn the heat down a bit.



2. Fry the Peppers

Heat a drizzle of **oil** in a medium frying pan on medium high heat (preferably a non stick pan). Once the **oil** is hot, add the **peppers** and season with **salt** and **pepper**. Fry until charred and soft, 8-10 mins, stirring only every couple of minutes to ensure they get some nice colour on them.



5. Finish Off

While the frittata cooks, bake your **croutons** on the top shelf of your oven until golden, 6-8 mins, then remove and set aside. Meanwhile, zest and halve the **lemon**. Squeeze the **lemon juice** into a bowl and add the **olive oil** (see ingredients for amount). Season with **salt** and **pepper** and mix together - set the dressing aside. Mix the remaining **parsley** and **lemon zest** together - gremolata done!



3. Finish the Prep

Meanwhile, finely chop the **parsley** (stalks and all). Crumble the **feta** into chunks. Pour the **scrambled egg mix** into a bowl or a jug, season with **salt** and **pepper** and beat with a whisk or a fork. Chop the **ciabatta** in half (as if you were making a sandwich, then chop into 2cm chunks. Put the **ciabatta** on a baking tray, drizzle with **oil** and season with **salt** and **pepper**.



6. Finish and Serve

Once the **frittata** has cooked through, cut into slices and share between your plates. **TIP:** You can carefully flip it onto a chopping board or large plate first if you want to. Add the **peashoots** and **ciabatta croutons** to the **dressing** and toss to coat. Serve the **frittata** with the **gremolata** sprinkled on top and the **salad** alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.