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WK10  
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## Green Olive & Cheddar Frittata with Mixed Leaf Salad

This green olive and cheddar frittata is like a slice of Spain on a plate. It may appear complicated, but trust us when we say this oven baked treat couldn't be simpler!



Prep: 15 mins

Cook: 35 mins

Total: 50 mins



level 1

### Pantry Items



Olive Oil



White Wine  
Vinegar



Wholegrain  
Mustard



Sugar



Potatoes



Red Onion



Green Olives



Eggs



Parsley



Cheddar Cheese



Mixed Salad  
Leaves

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2P	4P	Ingredients
2 tbs	4 tbs	olive oil *
2	4	potatoes, peeled & sliced into 5 mm slices
½	1	red onion, finely chopped
1 tub	2 tubs	green olives, roughly chopped (check for pits)
4	8	eggs, whisked
1 bunch	2 bunches	parsley, roughly chopped
½ block	1 block	Cheddar cheese, grated
1 tsp	2 tsp	white wine vinegar *
½ tsp	1 tsp	wholegrain mustard *
½ tsp	1 tsp	sugar *
1 bag	2 bags	mixed salad leaves

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2520	Kj
Protein	28.3	g
Fat, total	39.4	g
-saturated	11.6	g
Carbohydrate	32	g
-sugars	4.9	g
Sodium	832	mg

2

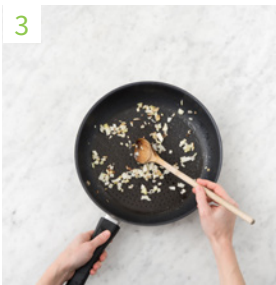


**You will need:** *chef's knife, chopping board, vegetable peeler, fork or whisk, box grater, medium frying pan, wooden spoon, small ovenproof dish and medium bowl.*

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

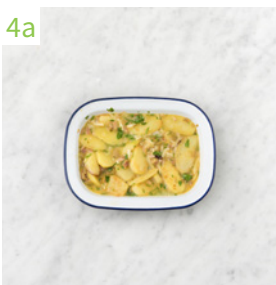
**2** Heat a quarter of the **olive oil** in a medium frying pan over a medium high heat. Add the **potato slices** and fry for **2-3 minutes**, or until softened and crispy. Remove from the pan and transfer to a lightly oiled small ovenproof dish (once all your ingredients have been added to the ovenproof dish the mix should be 4-5 cm high. If the ingredients are just covering the bottom of the dish, transfer to a smaller dish).

3



**3** Add the remaining of the olive oil and the **red onion** to the medium frying pan and cook for **5 minutes**, or until softened, then add to the ovenproof dish.

4a



**4** Add the **green olives, eggs, parsley** and **Cheddar cheese** to the ovenproof dish. Season generously with **salt** and **pepper** and stir to distribute evenly. Transfer to the oven and bake for **20-30 minutes**, or until the top is golden and the eggs are set (pierce the frittata with a clean knife to check if the eggs are set – if no raw egg mix comes out on the knife, the frittata is cooked).

4b



**5** Meanwhile, in a medium bowl add the remaining olive oil, **white wine vinegar, wholegrain mustard** and **sugar**. Season with salt and pepper and mix well. Add the **mixed salad leaves** and toss to coat.

**6** To serve, cut the frittata into slices and serve with the mixed leaves. Enjoy!

**Did you know?** "Frittata" is an Italian word which roughly translates to "fried".