



Everything
But The Chef

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Bacon, Fetta & Zucchini Frittata with Chilli

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 zucchini and cook lightly so they still have a little bite, crumble fetta cheese, pour over the spicy egg mixture and bake in the oven - yum! A fancy (but simple) night-time twist on that classic bacon and egg combo.

- Prep:** 15 mins
- Cook:** 45 mins
- Total:** 60 mins
- level 1**
- gluten free**
- high protein**
- contains pork**
- spicy**

Pantry Items



Olive Oil

Milk



Sweet Potato



Free-Range Eggs



Birdseye Chilli



Parsley



Bacon



Zucchini



Fetta Cheese



Baby Spinach

2P	4P	Ingredients
300 g	600 g	sweet potato, cut into 5 mm thick slices
2 tsp	1 tbs	olive oil *
4	8	free-range eggs
¼ cup	½ cup	milk *
1	2	birdseye chilli, deseeded & finely chopped
1 bunch	2 bunches	parsley, finely chopped
2 rashers	4 rashers	bacon, finely chopped
1	2	zucchini, thinly sliced diagonally
1 block	2 blocks	fetta cheese, crumbled
½ bag	1 bag	baby spinach, washed

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2270	Kj
Protein	32.6	g
Fat, total	33.1	g
-saturated	12.3	g
Carbohydrate	26.6	g
-sugars	13.5	g
Sodium	976	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chef's knife, chopping board, large bowl, oven tray lined with baking paper, whisk, and ovenproof frying pan.

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

2 Toss the **sweet potato** in the **olive oil** and place in a single layer on the prepared oven tray. Season with **salt** and **pepper**. Cook for **25 minutes** or until tender.

3 Whisk the **free-range eggs**, **milk**, **birdseye chilli** and **parsley** in a jug or bowl until well combined. Season with pepper.

4 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 cook, stirring, for **2 minutes** or until softened slightly. Add the sweet potato slices and **fetta cheese** to the pan and pour in the egg mixture. Cook for **1 minute** to set the base slightly and then transfer the pan to the oven and cook for **10-15 minutes** or until set.

Tip: If you don't have an ovenproof frying pan, transfer the ingredients to a greased baking dish.

5 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? Frittata comes from the Italian word “friggere” which roughly translates to “fried”.