



Everything
But The Chef

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Vegetable & Goat Cheese Frittata

Chevre is French for goat's cheese, which is HelloFresh for yum! This frittata is as delicious as it is easy, full of scrumptious fresh eggs and almost caramel roasted sweet potato. It will have you feeling as light and fluffy as this oven baked delight is, and a salad of fresh leaves plucked straight from the garden with sweet red capsicum nestled next to it is a delight. Bon appétit!

Prep: 15 mins
Cook: 35 mins
Total: 50 mins

level 1
 low sodium
 gluten free
 high protein

Pantry Items



Olive Oil



Milk



Sweet Potato



Red Onion



Zucchini



Free-Range Eggs



Mint



Parmesan Cheese



Chevre Goat Cheese



Mixed Salad Leaves



Red Capsicum

2P	4P	Ingredients	
400 g	800 g	sweet potato, unpeeled & finely sliced	
1 tbs	2 tbs	olive oil *	
½	1	red onion, finely sliced	⊕
1	2	zucchini, grated & moisture removed	A
4	8	free-range eggs	⊕
½ cup	1 cup	milk *	
1 tbs	2 tbs	finely chopped mint	⊕
½ block	1 block	chevre goat cheese, crumbled	⊕
½ block	1 block	Parmesan cheese, finely grated	
½ bag	1 bag	mixed salad leaves, washed	⊕
½	1	red capsicum, coarsely chopped	⊕

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2240	Kj
Protein	34.1	g
Fat, total	25.5	g
-saturated	9.3	g
Carbohydrate	38.4	g
-sugars	20.5	g
Sodium	409	mg

Measuretool

0 cm	1 cm	2 cm

Disclaimer: Sweet potatoes naturally vary in size, we may over supply you but please use the weight stated for this recipe.



You will need: chef's knife, chopping board, oven tray lined with baking paper, ovenproof frying pan, box grater, small bowl or jug, and a whisk.

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

2 Lay the **sweet potato slices** in a single layer on the lined oven tray. Drizzle with a little olive oil. Cook in the oven for **20 minutes**, or until tender.

3 Meanwhile, heat the **olive oil** in a medium ovenproof frying pan over a medium-high heat. Add the **red onion** and cook, stirring, for **3 minutes** or until soft. Add the **zucchini** and cook, stirring, for **2 minutes** or until soft. Remove from the heat. Layer the sweet potato slices in the pan with the onion and zucchini.

4 Whisk the **free-range eggs**, **milk**, and **mint** in a small bowl or jug until well combined. Season with **salt** and **pepper**. Pour the egg mixture over the vegetables. Crumble over the **chevre goat cheese** and sprinkle with the **Parmesan cheese**. Cook in the oven for **15 minutes**, or until set. Remove from the oven. Let the frittata sit for **5 minutes** before cutting into wedges.

5 Combine **mixed salad leaves** and **red capsicum** and drizzle with a little olive oil and vinegar of your choice.

6 Divide the frittata wedges and serve with the dressed salad.



Did you know? Goat's milk cheese contains less lactose than cow's milk cheese which makes it easier to digest.