



Everything  
But The Chef

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## Greek Frittata with Mixed Leaves

Europeans have been enjoying eggs like this for years and it's about time we accepted the joy of the dinner frittata here in Australia. This one is chock full of a laundry list of classic Greek flavours; oregano, Kalamata olives, and fetta cheese. It's a star studded affair! The best part is that this cheeky one pan wonder looks a million times more complicated than it is. Make like a European and relax, while looking oh-so stylish, frittata in hand.

**Prep:** 10 mins  
**Cook:** 25 mins  
**Total:** 35 mins

level 1

*gluten free*

one pan wonder

### Pantry Items



Free-Range Eggs



Lemon



Oregano



Red Onion



Zucchini



Kalamata Olives



Tomato



Fetta Cheese



Mixed Salad Leaves

2P	4P	Ingredients	
4	8	free-range eggs	⊕
½ cup	1 cup	milk *	
¼	½	lemon, zested & juiced	⊕
1 bunch	2 bunches	oregano, leaves picked	
2 tsp	1 tbs	olive oil *	
½	1	red onion, finely sliced	⊕
1	2	zucchini, cut into 5 mm thick discs	
¼ cup	½ cup	kalamata olives, halved (check for pits)	
1	2	tomato, sliced	
½ block	1 block	fetta cheese, crumbled	⊕
1 bag	2 bags	mixed salad leaves, washed	

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	1720	Kj
Protein	26.1	g
Fat, total	27.9	g
-saturated	9.7	g
Carbohydrate	11.9	g
-sugars	9	g
Sodium	896	mg

#### Measuretool

0 cm	1 cm	2 cm



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

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

**2** In a medium jug or bowl, whisk the **free-range eggs**, **milk**, **lemon zest**, **oregano**, and **salt and pepper**.

**3** Heat the **olive oil** in a medium ovenproof frying pan over a medium heat. Add the **red onion** and cook, stirring, for **3 minutes** or until softened. Add the **zucchini** and cook, stirring occasionally, for **3-4 minutes** or until lightly golden and tender. Add the **kalamata olives** to the pan and, using a spatula, evenly distribute the onion, zucchini and olives across the base of the pan. Pour in the egg mixture and top with the slices of **tomato** and the crumbled **fetta cheese**. Transfer to the oven and cook for **10-15 minutes**, or until the egg is set.

**4** Allow the frittata to cool slightly. Slice into wedges and serve with the **mixed salad leaves**. Drizzle the salad with olive oil and **lemon juice**.



**Did you know?** Olives make an appearance in a 2000-year-old Roman cookbook by Apicius, which is one of the earliest cookbooks ever discovered!