



Herby Italian Style Frittata with Rocket Pesto

with Balsamic Dressed Salad and Toasted Ciabatta

N° 24

CLASSIC 35 Minutes • 1.5 of your 5 a day • Veggie



Courgette



Baby Plum Tomatoes



Lemon



Garlic Clove



Scrambled Egg Mix



Italian Herbs



Hard Italian Style Grated Cheese



Rocket



Chives



Ciabatta



Balsamic Vinegar

Before you start

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

Basic cooking tools, you will need:

Frying Pan and Baking Tray.

Ingredients

	2P	3P	4P
Courgette**	1	2	2
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Lemon**	½	¾	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Scrambled Egg Mix (7) 8)	1 carton	1½ cartons	2 cartons
Italian Herbs	½ pot	¾ pot	1 pot
Hard Italian Style Grated Cheese (7) 8)**	1 pack	2 packs	2 packs
Rocket**	1 bag	1½ bags	2 bags
Chives**	1 bunch	1 bunch	1 bunch
Olive Oil for the Pesto*	2 tbsp	3 tbsp	4 tbsp
Ciabatta (11) (13)	1	2	2
Balsamic Vinegar (14)	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	545g	100g
Energy (kJ/kcal)	2261/541	415/99
Fat (g)	27	5
Sat. Fat (g)	10	2
Carbohydrate (g)	33	6
Sugars (g)	14	3
Protein (g)	41	8
Salt (g)	1.58	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 11) Soya 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!

Packed in the UK



1. Get Prepped!

Preheat your oven to 200°C. Trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Halve the **tomatoes**. Halve the **lemon**. Peel the **garlic clove(s)** and pop into foil with a drizzle of **oil** and scrunch to enclose it. Roast on a baking tray in your oven until soft, 10-12 mins.



4. Make the Pesto

Remove the **garlic** from the foil, leave to cool slightly and mash with the back of a fork. Finely chop **half** of the **rocket** and pop into a medium bowl. Finely snip the **chives** using scissors into to the bowl with the **rocket**. Add the **roasted garlic**, **olive oil** (see ingredients for amount), the remaining **cheese**, a squeeze of **lemon juice** and season with **salt and pepper**. Mix well and add a little more **olive oil** or **lemon** if you need to, it should have a pourable consistency.



2. Start Cooking!

Heat a drizzle of **oil** in a medium frying pan on medium high heat (preferably a non stick pan). Once hot, add the chopped **courgette** and cook, turning occasionally, until golden brown and softened, 4-5 mins. Add half the **tomatoes** and cook, stirring, until slightly softened, 2-3 minutes more. Season with **salt and pepper**. Pour the **scrambled egg mix** into a bowl or a jug, season with **salt and pepper** and beat with a whisk or a fork. Add the **Italian seasoning**, **half** the **cheese** and mix.



5. Ciabatta and Salad Time

Halve the **ciabattas** (as if you were making a sandwich) and pop onto a baking tray and drizzle with **oil**. Bake until warmed through and lightly toasted, 3-4 mins. Meanwhile, pop the **balsamic vinegar** and **olive oil** (see ingredients for amount) into a medium bowl and season with **salt and pepper**. Add the remaining **tomatoes** and **rocket** but don't mix together until you are ready to serve!



3. Cook the Frittata

Pour in the **egg mixture**, lower the heat to medium and cover with a lid or tin foil. Allow to cook 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.



6. 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. Toss the **salad** together with its **dressing** and serve alongside the **frittata** with the **toasted ciabatta**. Drizzle the **pesto** over the **frittata** and...

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.