



Truffled Mushroom Frittata

with Dressed Pea Shoots and Asparagus

BRUNCH 30 Minutes • 2 of your 5 a day • Veggie

Nº 20



Shallot



Garlic Clove



Asparagus



Sliced Mushrooms



Scrambled Egg Mix



Grated Italian Style Hard Cheese



Cider Vinegar



Pea Shoots



Truffle Zest

Before you start

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

Basic cooking tools you will need:

Fine Grater (or Garlic Press) and Two Frying Pans.

Ingredients

	2P	3P	4P
Shallot**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Asparagus**	1 small pack	1 large pack	2 small packs
Sliced Mushrooms**	1 punnet	2 punnets	2 punnets
Scrambled Egg Mix 7) 8)**	1 carton	1½ cartons	2 cartons
Grated Italian Style Hard Cheese 7) 8)**	2 sachets	3 sachets	4 sachets
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Pea Shoots**	1 pack	1½ packs	2 packs
Truffle Zest	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	582g	100g
Energy (kJ/kcal)	2211/529	380/91
Fat (g)	35	6
Sat. Fat (g)	14	3
Carbohydrate (g)	7	1
Sugars (g)	6	1
Protein (g)	45	8
Salt (g)	1.81	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 14) Sulphites

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

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Slice the bottom 2cm off of the **asparagus** and discard.



4. Start The Asparagus

Meanwhile, heat a medium frying pan on medium high heat. Add a splash of **oil** and once hot, add the **asparagus**. Stir fry until charred and tender, 4-5 mins. Add the remaining **garlic**, cook for one minute, then season with **salt** and **pepper** and remove from the heat. In a small bowl, mix the the **cider vinegar** with the **olive oil** (see ingredients for amount). Season with **salt**, **pepper** and a pinch of **sugar**. Once cooked, add the **asparagus** to the **dressing** and set aside.



2. Start your Frittata

Heat a splash of **oil** in a medium frying pan over a medium high heat. **TIP: Use a non stick frying pan if you have one.** When hot, add the **shallot** and **sliced mushrooms**, cook stirring occasionally until the **shallot** is soft and the **mushrooms** are golden brown, 7-8 mins. Add a knob of **butter** (if you have any) and **half the garlic** and cook stirring continuously for 1 minute.



5. Finish Off

When you're just about to serve, add the **peashoots** to the **dressing** and **asparagus** and toss to coat.



3. Add the Eggs

Give the **egg carton** a good shake and once the **garlic** has cooked for a minute, pour the **eggs** into the pan along with **three quarters** of the **grated hard Italian style cheese**. Season with **salt** and **pepper**. Stir well to combine and turn the heat down to medium. Cover with a lid or tin foil and cook on the hob until the **frittata** is set all the way through, 15-20 mins. **TIP: Check occasionally and if the sides of the pan are starting to colour too quickly turn the heat down a bit.**



6. Time To Serve

Once the **frittata** has cooked through, carefully flip the **frittata** onto a chopping board or large plate. Cut into 2 slices per person and share between your plates. Serve the **asparagus salad** along side and sprinkle on with the **truffle zest** and remaining **cheese**.

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.