

Pea, Mint and Feta Frittata

hellóchef

Easy and full of goodness!

Cals 411 • Prot 32 • Carbs 19 • Fat 24

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Frittata	2 ppl	3 ppl	4 ppl	
Small zucchini	2	3	4	Pieces
Spring onion	50	75	100	Grams
Garlic cloves	2	3	3	Pieces
Fresh mint	10	10	10	Grams
Fresh parsley	15	15	15	Grams
Organic Eggs 5*	6	9	10	Pieces
Wholegrain mustard 13*	15	22	30	Grams
Feta cheese 4*	75	100	150	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Olive oil	1	2	2	Tbsp
Green peas	100	150	200	Grams
Salad				
Baby gem lettuce	2	3	2	Pieces
Tomatoes	2	3	4	Pieces
Cucumber	1	2	3	Pieces
Orange	1	2	2	Pieces
Olive oil	1	1	2	Tbsp

Allergens

*5 Eggs, *13 Mustard, *4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	1719 / 411
Fat (g)	23.7
of which saturates (g)	10.3
Carbohydrate (g)	19
of which sugars (g)	11.6
Fiber (g)	4.1
Protein (g)	31.9
Salt (g)	4.7

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Rinse and grate **zucchini** to a bowl and squeeze out any excess water. Finely slice **spring onion, garlic** and herbs and set aside.



2 Mix eggs

Beat the **eggs** in a bowl with **mustard** and crumble in the **feta** and half of the herbs. Season with **salt** and **pepper**.



3 Make salad

Wash and chop **lettuce** leaves into a salad bowl. Rinse the **tomatoes** and **cucumber** and cut to **small** cubes. Cut off the **orange** peels and separate the **orange** slices into the salad. Add the remaining herbs and drizzle with **olive oil** just before serving.



4 Fry greens

Heat a spoon of **oil** in a frying pan (nonstick or cast iron). Add the sliced **spring onion, zucchini, peas** and crushed **garlic**. Fry on medium-high heat for a few minutes.



5 Pour and cook

Pour the egg mixture on the pan, mix quickly, then bring the heat to low and cook for 5–10 minutes, until nicely cooked at the bottom.



6 Flip and cook

With one confident move, flip the frittata to a larger pan, or to a large plate. Then slide the frittata back to the original pan and continue cooking on the other side for about 5 minutes, until nicely set. Don't overcook, so that the frittata remains moist and juicy. Take off the stove and let rest for at least 5 minutes before cutting. Serve with the salad.