Asparagus, Mushroom

and Spinach Frittata

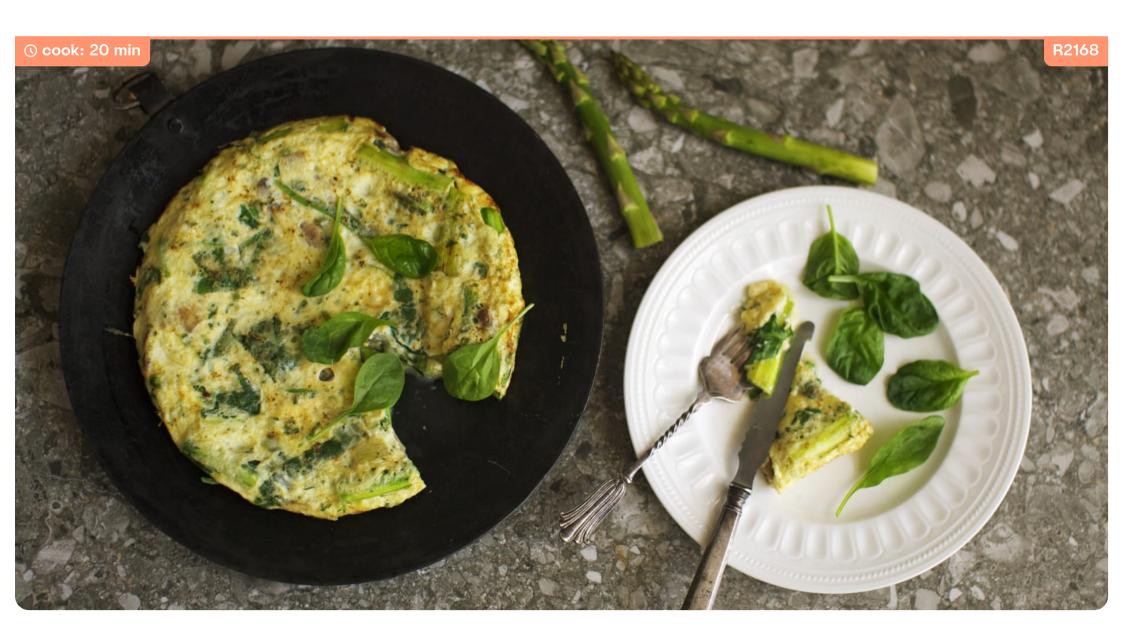
A true classic!

hellóchef

Cals 662 • Prot 42 • Carbs 12 • Fat 51

Vegetarian

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Before you start

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

Ingredients

9				
Thin asparagus	250	375	500	Grams
Mushroom	250	500	500	Grams
Fresh parsley	20	30	40	Grams
Olive oil	2	3	4	Tbsp
Organic Eggs 5*	6	9	10	Pieces
Cooking cream 4*	200	200	200	ML
Grated cheddar 4*	60	90	120	Grams
Baby spinach	40	60	90	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp

Allergens

*5 Eggs, *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)	2757 / 662
Fat (g)	50.6
of which saturates (g)	32.5
Carbohydrate (g)	12
of which sugars (g)	6.5
Fiber (g)	3.8
Protein (g)	41.5
Calt (a)	1.2

^{*}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 vegetables

Rinse **asparagus** and remove its woody stems. Slice it into 2.5 cm/1 inch sticks. Clean and slice **mushrooms**. Roughly chop **parsley**.



2 Fry mushrooms

Heat **oil** in a pan over medium heat. Once hot, add the **mushrooms** and fry for for 5-8 min or until browned.



3 Add asparagus

Add the **asparagus** and fry for 2 minutes further.



4 Whisk eggs

Meanwhile, crack the eggs into a large bowl and whisk thoroughly. Add the cooking cream, chopped parsley, grated cheddar cheese and baby spinach leaves. Season with salt and pepper.



5 Cook frittata

Pour the egg mixture over the **mushrooms** and **asparagus**, shaking the pan to evenly distribute the mixture. Reduce the heat to low and cook the frittata, without stirring, for 5-6 minutes or until it begins to set.



6 Flip, slide and serve

Place a large plate or a second frying pan on top of the frittata. Quickly flip the frittata onto the plate / frying pan. Slide the frittata back into the original pan, uncooked side down. Cook for 5 min further or until set but not dry. Transfer the frittata to a serving plate and let cool for 5-10 min before serving.