

# Asparagus, Mushroom and Spinach Frittata

A true classic!

hellóchef

Cals 662 • Prot 42 • Carbs 12 • Fat 51

Vegetarian

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🕒 cook: 20 min

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Before you start

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

Ingredients

|                          |     |     |     |        |
|--------------------------|-----|-----|-----|--------|
| 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 <b>5*</b>   | 6   | 9   | 10  | Pieces |
| Cooking cream <b>4*</b>  | 200 | 200 | 200 | ML     |
| Grated cheddar <b>4*</b> | 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       |
| Salt (g)               | 1.3        |

\*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.