

Smoked Salmon Frittata

with Green Bean Salad

This one's classy and light, yet filling.

Cals 627 • Prot 57 • Carbs 46 • Fat 27

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 30 min

R2846



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	
Smoked Salmon Slices 6*	200	300	400	Grams
Leeks	1	1	1	Pieces
Fresh dill	15	30	30	Grams
Fresh parsley	15	15	30	Grams
Sour cream 4*	60	90	120	Grams
Organic Eggs 5*	6	9	12	Pieces
Garlic powder	2	4	4	Grams
Salt	1	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Olive oil	3	5	6	Tbsp
Salad				
Green beans	250	375	500	Grams
Small zucchini	2	3	4	Pieces
Dijon mustard 13*	6	9	12	Grams
White sugar	5	10	10	Grams
White balsamic vinegar 14*	15	22	30	ML
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp

Allergens

*6 Fish, *4 Milk, *5 Eggs, *13 Mustard, *14 Sulphur Dioxide

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)	2625 / 627
Fat (g)	26.6
of which saturates (g)	10.8
Carbohydrate (g)	46
of which sugars (g)	16.8
Fiber (g)	8.3
Protein (g)	57
Salt (g)	1.1

*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 ingredients

Chop 2/3 of the **smoked salmon** (reserve the rest for garnish). Wash, trim and finely slice the **leeks** (make sure to remove any grit between the leaves). Chop the **dill** (reserve some tips for garnish) and **parsley**. Add the **sour cream** to a bowl. Crack in the **eggs** into the bowl. Add the **garlic powder**, chopped **dill** and **parsley**, **salt** and **pepper**. Beat lightly.



2 Boil green beans

Wash and trim the **green beans**. Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender. Drain once cooked.



3 Prep salad

Wash the **zucchini** and shave it into thin ribbons with a peeler. In a bowl, combine the **Dijon mustard**, **sugar** and **vinegar**. Slowly pour in the **olive oil**, whisking constantly. Season the dressing with a pinch of **salt** and **pepper**. Don't dress the salad yet. Set the dressing aside.



4 Start frittata

See pro tip! Heat a non-stick pan over a low heat with a generous drizzle of **olive oil**. Add the **leeks** and cook with a pinch of **salt** for 7-8 min until softened. Then pour the egg mix over. Shake the pan to evenly distribute the **eggs**. Cook over a mild heat, covered with a lid, for 4-5 min or until beginning to set.



5 Add salmon and flip

Once the fritatta is almost set, add the chopped **smoked salmon**. Loosen the bottom of the frittata with a spatula, then place a large plate over the top. Quickly flip the frittata onto the plate. Slide the frittata back into the original pan, uncooked side down. Cook for 2 min further or until fully set.



6 Serve

Transfer the frittata to a serving plate and let cool for 5 min before serving. Once cooled, garnish with the remaining **smoked salmon** and **dill**. Combine the boiled **green beans** and the **zucchini** ribbons. Drizzle with the dressing and serve alongside the frittata.