

Goat's Cheese Frittata

with Rocket and Grape Salad

hellóchef

Enjoy this easy and delicious dinner featuring goat's cheese and grapes – yes please!

Cals 713 • Prot 43 • Carbs 45 • Fat 41

Vegetarian

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🕒 cook: 55 min

R3476



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	
Red onion	2	3	4	Piece
Butter 4*	20	30	50	Grams
Brown sugar	5	10	10	Grams
Salt	1	1	2	Tsp
Parmesan 4*	30	45	60	Grams
Organic Eggs 5*	5	8	10	Piece
Whole milk 4*	200	200	400	ML
Black pepper	1	1	2	Tsp
Rind-on goats cheese slice 4*	100	200	200	Grams
Baby spinach	60	90	125	Grams
Salad				
Red grapes	200	200	400	Grams
Olive oil	1	1	2	Tbsp
Balsamic vinegar 14*	15	22	30	ML
Salt	1	1	2	Tsp
Honey	15	15	30	Grams
Rocket	80	80	125	Grams

Allergens

*4 Milk, *5 Eggs, *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)	2976 / 713
Fat (g)	41.4
of which saturates (g)	23.5
Carbohydrate (g)	45
of which sugars (g)	35.5
Fiber (g)	4.3
Protein (g)	43.1
Salt (g)	2.2

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



1 Caramelize onions

Preheat the oven to 200°C/180°C fan. Peel and finely slice the **onions**. Heat a non-stick, ovenproof pan over a low heat. Once hot, add the **butter, onion, brown sugar** and a very generous pinch of **salt**, cover with a lid and cook for 20 min, stirring occasionally, until caramelised.



2 Prep

Meanwhile, pick the **grapes** and add them to a baking dish or tray. Drizzle with **olive oil** and the **balsamic vinegar**. Sprinkle with a pinch of **salt** and **pepper**. Roast for 10 min. Once the **grapes** have been in the oven for 10 min, drizzle with the **honey** and roast for 5-10 min further.



3 Whisk

Meanwhile, grate the **Parmesan**. Crack the **eggs** into a large bowl or jug and whisk thoroughly. Add the **milk**, half of the **Parmesan** and a generous grind of **salt** and **black pepper**. Chop the **goats cheese** into small pieces.



4 Bake

Once the **onions** have caramelised, add the **spinach** and cook, covered, for 1 min or until wilted. Pour the **egg mixture** into the pan. Top with the **goats cheese** pieces and the remaining **Parmesan**. Cover with a lid and cook for 5 min, until the edges begin to set. After 5 min, place the pan in the oven and cook, uncovered, for 10-15 min further or until fully set.

Tip! Don't have a pan that can go into the oven? Pour the mixture into an oiled baking dish and bake for 15 min.



5 Toss salad

Meanwhile, toss the **rocket**, and **grapes** (with any juices from the tray!) in a large bowl with a drizzle of **olive oil** and a pinch of **salt**.



6 Serve

Once the **frittata** is cooked, allow it to cool slightly. Carefully remove it from the pan, by placing a large plate on it and flipping it over swiftly. Slice and divide between plates. Serve the **salad** alongside.

Tip! Be very careful when removing the hot pan from the oven. Wrap the handle in a tea towel while the frittata cools to stop yourself from accidentally grabbing it!