



🕒 Approximately **40 min**

🔥 **398** kcal p.p.

👤 **4** persons

WHAT YOU NEED

- Swiss chard: 600 g
- A box of 6 eggs: 1 pcs
- Goats camembert cheese: 1 pcs
- Mini romaine: 2 pcs
- Hemp seeds: 20 g
- Carrots: 400 g
- A jar of sweet corn: 1 pcs

GOOD TO HAVE AT HOME

- Salt
- Pepper
- Linseed oil: 2 tbsp.
- Olive oil
- Garlic cloves: 1 pcs
- Lemon juice: 1 dash

ALLERGENS



SWISS CHARD AND GOATS CHEESE FRITTATA WITH SIDE SALAD

SWISS CHARD AND GOATS CHEESE FRITTATA

- Preheat the oven to 200°C (fan).
- Thoroughly wash the swiss chard. Cut off the stems and cut them into 3 cm long pieces. Cut the leaves crosswise into 1 cm thin strips. Peel and chop garlic. Break the eggs into a bowl and whisk them with a pinch of salt and pepper. Break the goats cheese into smaller chunks
- Heat some olive oil in a larger ovenproof pan and sauté garlic and swiss chard stems for 4 min. on medium heat. Add the leaves and let them wilt. Pour over with the eggs and remove from the stove. Top with goats cheese and transfer to the hot oven. Bake for 15-20 min. until set to your liking. Slide onto a plate afterwards and cut into pieces.

SIDE SALAD

- Clean mini romaine and cut into 1 cm thin strips. Drain and rinse sweet corn. Peel carrots and shred into a larger bowl. In the bowl, combine carrots, sweet corn, mini romaine, hemp seeds, a dash of lemon juice and linseed oil. Season with a pinch of salt and pepper.

SERVING

- Arrange the Swiss chard and goats cheese frittata on plates and serve with fresh salad on the side.