



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

SPANISH POTATO & CHORIZO FRITTATA WITH GARLIC SOUR CREAM



PREP
15 min



COOK
50 min



SERVES
4

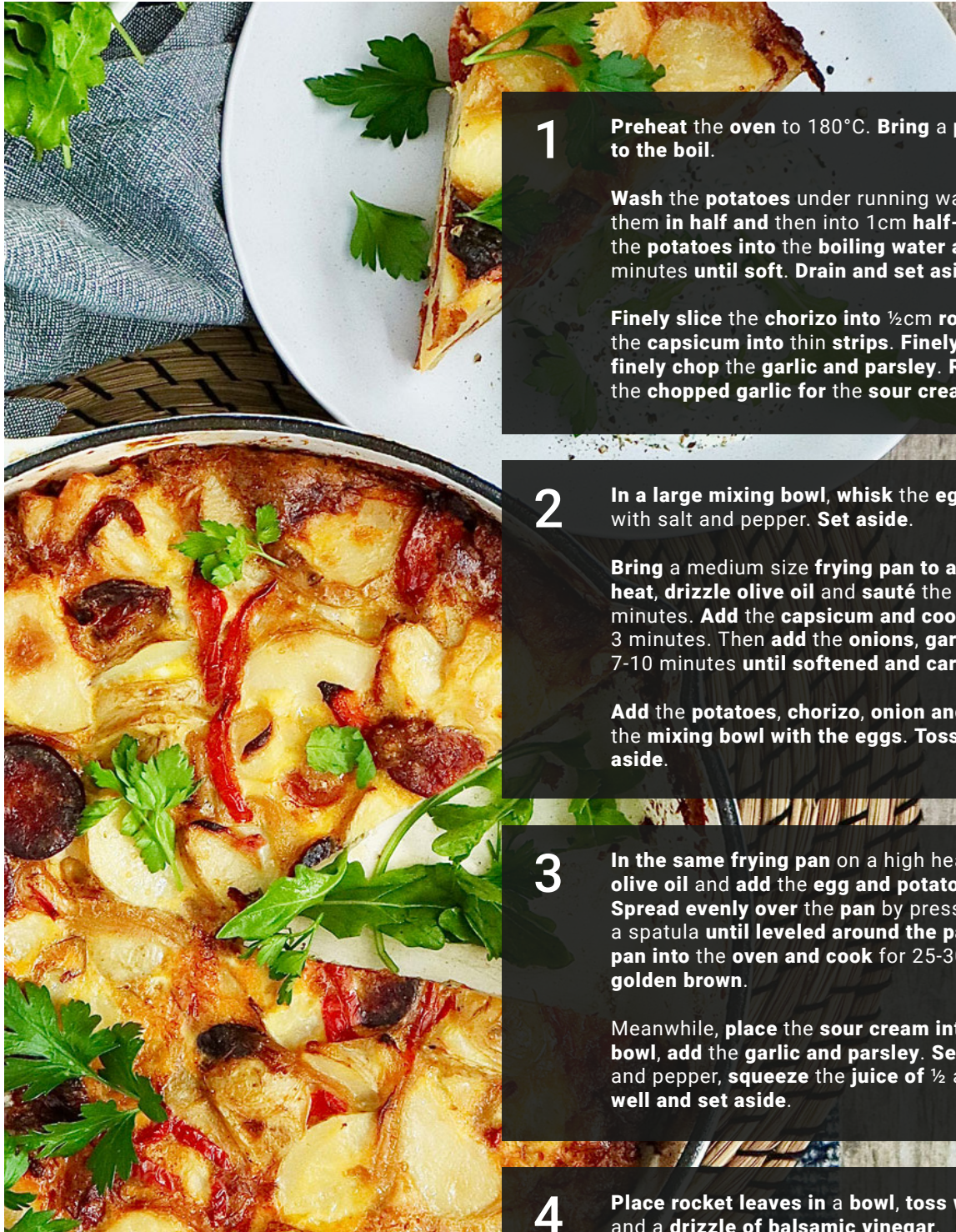
INGREDIENTS:

- > 700g Sebago Potatoes
- > 220g Chorizo
- > 8 Eggs
- > 1 Red Capsicum
- > 1 Brown Onion
- > 2 Garlic Cloves
- > ½ Parsley Bunch
- > 250g Sour Cream
- > 120g Rocket

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Salt and Pepper
- > Olive Oil
- > Caramelised Balsamic Vinegar

METHOD – GET COOKING!



1

Preheat the oven to 180°C. Bring a pot with water to the boil.

Wash the potatoes under running water. Cut the them in half and then into 1cm half-moons. Place the potatoes into the boiling water and cook for 25 minutes until soft. Drain and set aside.

Finely slice the chorizo into ½cm round disks and the capsicum into thin strips. Finely slice the onion, finely chop the garlic and parsley. Reserve 1Tsp of the chopped garlic for the sour cream.

2

In a large mixing bowl, whisk the eggs and season with salt and pepper. Set aside.

Bring a medium size frying pan to a medium high heat, drizzle olive oil and sauté the chorizo for 2 minutes. Add the capsicum and cook for a further 3 minutes. Then add the onions, garlic and cook for 7-10 minutes until softened and caramelised.

Add the potatoes, chorizo, onion and capsicum to the mixing bowl with the eggs. Toss well and set aside.

3

In the same frying pan on a high heat, drizzle olive oil and add the egg and potato mixture. Spread evenly over the pan by pressing down with a spatula until leveled around the pan. Place the pan into the oven and cook for 25-30 minutes until golden brown.

Meanwhile, **place the sour cream into a mixing bowl, add the garlic and parsley. Season with salt and pepper, squeeze the juice of ½ a lemon, mix well and set aside.**

4

Place rocket leaves in a bowl, toss with olive oil and a drizzle of balsamic vinegar.

Remove Spanish frittata from the oven and serve with garlic sour cream and rocket salad.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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