



NUTRITION per serving 30g carbohydrates 32g fat 37g protein 1484mg sodium | calorie-conscious, vegetarian



Calories
594



Prep & Cook Time
30-40 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy



HOME CHEF

BREAKFAST FOR DINNER (2 SERVINGS SHOWN)

Cremini Mushroom and Fontina Frittata

with crostini and basil pesto

IN YOUR BOX

3¾ oz. Fontina Cheese Slices
6 oz. Cremini Mushrooms
2 oz. Baby Spinach
1 Roma Tomato
1 Mini Baguette
8 fl. oz. Liquid Egg
4 fl. oz. Light Cream
1 Tbsp. Basil Pesto

CONTAINS: milk, eggs, wheat, soy, tree nuts (pine nuts)
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Baking Sheet
Mixing Bowl
Medium Oven-Safe Non-Stick Pan

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BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Preheat oven to **375 degrees**
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- ❑ You won't be using the entire amount of **cream** for this recipe. Feel free to use in other recipes, or in your morning coffee!
- ❑ **Heads Up!** Fontina is used twice. $\frac{3}{4}$ is added to **egg mixture** and remaining tops **frittata**.
- ❑ Be sure to keep a dry towel around handle of pan after removing from oven as a reminder that it's still very hot.

FROM THE CHEF

Patting vegetables dry helps prevent finished frittata from having too much moisture. Too much moisture will make for a runny frittata.

Did you know...

Frittatas have great make-ahead potential! Simply remove from the oven 5 minutes early, chill covered overnight in the refrigerator, then reheat in a 375 degree oven until hot throughout, 10-15 minutes.



1

Prepare the Ingredients

Coarsely chop **fontina**. Cut **mushrooms** into $\frac{1}{4}$ " slices. Coarsely chop **spinach**. Slice **tomato** into six $\frac{1}{4}$ " rounds. Place tomato slices between two paper towels and gently press. *This will help absorb excess moisture.* Trim ends from **baguette** and cut into six slices on a slight angle. Combine **liquid egg**, $\frac{3}{4}$ the **fontina** (reserve remaining to top frittata), half the **cream**, $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper** in a mixing bowl



2

Cook the Vegetables

Heat 2 tsp. **olive oil** in a medium oven-safe non-stick pan (or cast iron skillet) over medium-high heat. Place **mushrooms** in hot pan and stir occasionally until lightly browned, 4-5 minutes. Add **spinach** to pan and cook until wilted, 30 seconds to 1 minute. Remove from burner. Reserve pan; no need to wipe clean. Allow vegetables to cool enough to handle.



3

Drain the Vegetables

Transfer **vegetables** to a clean towel and press to absorb any liquid. Reserve pan; no need to wipe clean.



4

Assemble the Frittata

Place **vegetables** and **egg mixture** in pan used to cook vegetables. Stir to evenly distribute ingredients. Lay **tomato slices** in mixture and sprinkle remaining **fontina** over assembled frittata.



5

Bake Frittata and Toast Bread

Place **frittata** in oven and bake until **egg** is set and **cheese** is bubbly, 15-18 minutes. Place **bread slices** on prepared baking sheet. Drizzle with $\frac{1}{2}$ tsp. **olive oil** and season with a pinch of **salt** and **pepper**. Once frittata has baked 8 minutes, put bread in oven and toast until lightly browned, 5-7 minutes.



6

Finish the Dish

Carefully remove **frittata** from oven and place on a trivet. *Wrap a towel around handle to indicate pan handle is hot.* Garnish finished frittata with **basil pesto**. Serve frittata from pan alongside **crostini**.