



**NUTRITION** *per serving* 41g carbohydrates 38g fat 31g protein 1204mg sodium | CONTAINS dairy



Calories  
**692**



Prep & Cook Time  
**30-40 min.**



Cook Within  
**6 days**



Difficulty  
**Intermediate**



Spice Level  
**Not Spicy**



# St. Paddy's Day Spinach and Goat Cheese Omelette

with potatoes O'Brien and bacon

## IN YOUR BOX

6 fl. oz. Liquid Egg  
6 Bacon Strips  
1 Red Bell Pepper  
1 Russet Potato  
2 Green Onions  
2 oz. Baby Spinach  
.6 oz. Butter  
1 oz. Goat Cheese

## IN YOUR KITCHEN

Olive Oil  
Salt  
Pepper  
2 Baking Sheets  
Medium 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 **400 degrees**
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare two baking sheets with foil
- ❑ Separation is natural when shipping liquid eggs. **Shake well before using.**

## WHILE YOU COOK

- ❑ **Heads Up!** **Green onions** are used twice. **White portions** are added to **spinach** and **green portions** garnish dish.

## FROM THE CHEF

Not feeling on your omelette game this morning? Just add eggs to cooked spinach in pan and scramble. Easy, and just as tasty!

### Did you know...

*Potatoes O'Brien is a very Irish name, but the dish is probably not from the Emerald Isle. The more likely origin is either Boston or New York City in the early 20th century.*



1

## Cook Bacon and Prepare Ingredients

Line a plate with a paper towel. Arrange **bacon** on one prepared baking sheet and bake until bacon reaches desired crispness, 14-20 minutes. Transfer bacon to towel-lined plate to remove excess fat. While bacon bakes, stem, seed, and cut **red bell pepper** into ½” dice. Cut **potato** into ½” dice. Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.



2

## Cook the Potatoes O'Brien

Heat a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil**, **peppers**, **potatoes**, ¼ tsp. **salt**, and ¼ tsp. **pepper** to hot pan and cook, stirring occasionally, until vegetables begin to brown, 4-7 minutes. Transfer vegetables to second prepared baking sheet and spread into a single layer. Roast until vegetables are brown and tender, 15-20 minutes. Reserve pan; no need to wipe clean. While vegetables cook, cook spinach.



3

## Cook the Spinach

Return pan used to cook potatoes to medium-high heat. Add 1 tsp. **olive oil**, **white portions of green onions**, **spinach**, and a pinch of **salt** to hot pan and cook until spinach is wilted and tender, 1-2 minutes. Remove spinach to a plate and blot dry with paper towels. Wipe pan clean.



4

## Start the Eggs

Return pan used to cook spinach to medium-high heat. Add **butter** to hot pan and melt. Add **liquid egg** and a pinch of **salt**. Using a rubber spatula, constantly scrape along bottom of the pan until eggs are mostly set and top is still wet, 2-3 minutes.



5

## Make the Omelette

Add **spinach** and **goat cheese** (breaking up with your hands if needed) to one side of **eggs**. Use a spatula to fold other half of eggs over spinach and cheese. *Alternatively, slide filled side of omelette onto cutting board and use pan to flip remaining eggs to cover filling.* Divide into two.



6

## Plate the Dish

Place **potatoes O'Brien** on a plate and garnish with **green portions of green onions**. Place **omelette** on top of potatoes.