



SPANISH FRITTATA WITH SPICY GRILLED VEGETABLE SALAD



QimiQ BENEFITS

- Creamy indulgent taste with less fat
- Dressings made with QimiQ cling better to salads
- No separation of added liquids
- Reduces discolouration
- Reduces skin formation
- Bain-marie and deep freeze stable



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easy

INGREDIENTS FOR 10 PORTIONS

FOR THE FRITTATA

- 100 g** QimiQ Cream Base
- 800 g** Egg(s)
Salt and pepper
- 30 ml** Olive oil
- 100 g** Onion(s), finely chopped
- 200 g** Potatoes, peeled, finely diced
- 50 g** Red pepper(s), finely diced
- 10 g** Flat-leaf parsley, finely chopped
- 50 g** Chorizo [Spanish paprika salami], finely chopped

FOR THE DRESSING

- 100 g** QimiQ Classic
- 400 ml** Tomato juice
- 20 ml** Red wine vinegar
- 30 ml** Olive oil
- 10 ml** Lime juice
Tabasco sauce
- 15 g** Garlic, finely chopped
- 10 g** Cilantro, finely chopped
Cumin, ground
Salt and pepper

FOR THE VEGETABLES

- 300 g** Sweet pepper(s)
- 300 g** Courgette(s)
- 300 g** Eggplant
- 300 g** Tomato(es), firm
Salt and pepper

METHOD

1. For the frittata, preheat the oven to 150° C. Add the QimiQ Sauce Base to the eggs, season to taste and mix well.
2. Sauté the onion and potato in olive oil until tender to the bite. Add the peppers, parsley and Chorizo and continue to fry for 1 minute. Add the egg mixture, pour into a greased oven proof dish and bake in the hot oven until firm to the touch.
3. For the dressing, blend all the ingredients together until smooth and chill for approx. 3 hours. Whisk smooth to use.
4. For the vegetables, season well and grill until tender to the bite. Marinate with the dressing and serve warm with the hot frittata.