



# SPANISH FRITTATA WITH SPICY GRILLED VEGETABLES



## 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
- 16** 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, unchilled
- 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), cored
- 300 g** Courgette(s), sliced
- 300 g** Eggplant, sliced
- 300 g** Tomato(es), firm
- Salt and pepper

## METHOD

1. Preheat the oven to 150° C.
2. For the frittata: add the QimiQ Sauce Base to the eggs, season to taste and mix well.
3. 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.
4. For the dressing: blend all the ingredients together until smooth and chill for approx. 3 hours. Whisk smooth to use.
5. For the vegetables, season well and grill until tender to the bite. Marinate with the dressing and serve warm with the hot frittata.