



Kale & Mushroom Frittata

with Lemon, Feta & Herbs



30-40min



2 Servings

This sunny vegetarian frittata is an ideal brunch or light dinner. Kale, mushrooms, and onions sauté until tender and golden. We whisk mascarpone into the eggs for creaminess and add cornstarch to protect the frittata from overcooking. Lemon zest brings brightness along with chives and dill, which bake along chunks of feta that melt into the frittata like clouds. (2p-plan serves 4; 4p-plan serves 8—nutrition reflects 1 slice)

What we send

- 4 oz mushrooms
- 1 bunch Tuscan kale
- 1 yellow onion
- garlic
- ¼ oz fresh chives
- ¼ oz fresh dill
- ¼ oz cornstarch
- 3 oz mascarpone ²
- 1 lemon
- 2 oz feta ²

What you need

- 6 large eggs ¹
- kosher salt & ground pepper
- olive oil

Tools

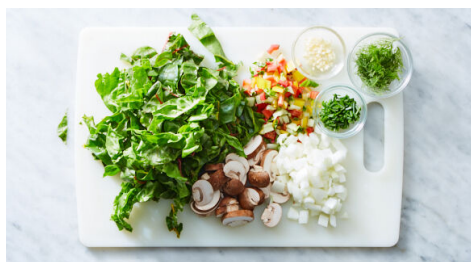
- microplane or grater
- medium cast-iron or nonstick ovenproof skillet

Allergens

Egg (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 370kcal, Fat 29g, Carbs 14g, Protein 17g



1. Prep ingredients

Preheat oven to 350°F with a rack in the center.

Trim stem ends from **mushrooms**; thinly slice caps. Strip **half of the kale leaves** from **stems** (save rest for own use); discard stems. Cut leaves into ½-inch ribbons. Finely chop **half of the onion** (save rest) and **2 teaspoons garlic**. Finely chop **chives** and **dill fronds and stems**.



4. Cook kale

Add **garlic** and **a pinch of salt**. Cook, stirring frequently, until fragrant, 30-60 seconds. Add **half of the kale leaves** and cook, stirring, until just starting to wilt, 30-60 seconds. Add **remaining kale leaves**. Cook, stirring, until leaves are tender, 2-3 minutes. Season to taste with **salt** and **pepper**.



2. Mix eggs

In a medium bowl, whisk **cornstarch** with **2 tablespoons water** until no lumps remain. Whisk in **mascarpone** and **3 large eggs** until mostly combined, then add **3 more large eggs**, whisking until smooth. Season with **½ teaspoon salt** and **a few grinds of pepper**. Add **zest of half the lemon**; stir in **half of the chives** and **dill**.



5. Bake frittata

Add **egg mixture** to skillet. Evenly crumble **feta** over top and gently press into eggs with a spatula. Cook without stirring for 30 seconds.

Bake on center oven rack until eggs are just set and a knife inserted in the center comes out clean, 5-10 minutes. Let rest for 5 minutes.



3. Cook mushrooms & onions

Heat **2 tablespoons oil** in a medium cast-iron or nonstick ovenproof skillet over medium-high. Add **mushrooms, onions,** and **a pinch each of salt and pepper**. Cook, stirring frequently, until mushrooms have released their juices and browned and onions are golden and softened, 3-5 minutes.



6. Finish & serve

Run spatula around edge of skillet and slide **frittata** onto a cutting board; cut into wedges. Cut **lemon** into wedges.

Serve **frittata** with **remaining herbs** sprinkled over top and **lemon wedges** alongside. Enjoy!