Cheese, Courgette and Tomato Frittata
RECIPE

Cheese, Courgette and Tomato Frittata

Cooking time	35 mins
Preparation time	15 mins
Serves	5

This Cheese, Courgette and Tomato Frittata infused with Royco® Four Cheese flavour sauce is the perfect headliner for summer night dinners.

Ingredients

- ½ pack penne pasta
- 1 onion, chopped
- 20 ml butter or margarine
- 125 g courgettes, sliced
- 8 cherry tomatoes, halved
- 1 pack Royco® four cheese pasta sauce
- 3 Eggs
- 100 ml milk
- Rocket leaves

Vegetarian

This recipe is suitable for vegetarians.

Family Friendly

Use a muffin tray to make mini frittatas for picnic dinners and school lunchboxes.

Method

1. Fry onions in butter / margarine until soft, add courgettes and continue frying until the courgettes are cooked.
2. Combine all ingredients in a greased Casserole Dish
3. Prepare Royco® four cheese pasta sauce according to packet instructions
4. Beat eggs, add milk and the Royco® four cheese mixture. Pour over pasta mixture.
5. Bake at 180ºC for 20-25 minutes until set.
6. Serve with a rocket salad.

Recipe Tags

Pasta Sauces, Plant-Based, Pasta

Related Recipes



Creamy Butter Chicken Pasta

Cooking time

20 mins

Preparation time

15 mins

Mielies with Flavoured Butter

Cooking time

7 mins

Preparation time

5 mins

Cheesy Chicken Pasta Bake

Cooking time

25-30 mins

Preparation time

15 mins



Crushed & Crunchy Rosemary Potatoes

Cooking time

60 mins

Preparation time

15 mins

Cheesy Chicken Pasta

Cooking time

20 mins

Preparation time

15 mins

Chicken & Mushroom Tagliatelle

Cooking time

15 mins

Preparation time

15 mins

Chicken Tetrizini

Cooking time

35 mins

Preparation time

25 mins

Lamb Ragu Lasagna

Cooking time

35 mins

Preparation time

20 mins

Mushroom, Tomato & Red Wine Fusilli

Cooking time

20 mins

Preparation time

15 mins

Spinach And Cheese Cannelloni

Cooking time

35 mins

Preparation time

20 mins

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