



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.

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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

Products used



Four Cheese Pasta Sauce

[View Product](#)

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 180°C for 20-25 minutes until set.
6. Serve with a rocket salad.

Recipe Tags

[Pasta Sauces](#), [Plant-Based](#), [Pasta](#)

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[Creamy Butter Chicken Pasta](#)

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[Mielies with Flavoured Butter](#)

Cooking time

7 mins

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[Cheesy Chicken Pasta Bake](#)

Cooking time

25-30 mins

Preparation time

15 mins

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[Crushed & Crunchy Rosemary Potatoes](#)

Cooking time

60 mins

Preparation time

15 mins

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Cheesy Chicken Pasta

Cooking time

20 mins

Preparation time

15 mins

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Chicken & Mushroom Tagliatelle

Cooking time

15 mins

Preparation time

15 mins

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Chicken Tetrizini

Cooking time

35 mins

Preparation time

25 mins

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Lamb Ragu Lasagna

Cooking time

35 mins

Preparation time

20 mins

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Mushroom, Tomato & Red Wine Fusilli

Cooking time

20 mins

Preparation time

15 mins

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Spinach And Cheese Cannelloni

Cooking time

35 mins

Preparation time

20 mins

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