



Four Cheese Frittata
RECIPE

Four Cheese Frittata



Cooking time

15 mins

Preparation time

5 mins

Serves

3

Turn leftover pasta into a deliciously quick dinner. This cheesy, easy frittata is a fuss-free meal that the whole family will enjoy.

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Ingredients

- 1 packet Royco® Four Cheese Pasta Sauce
- 15 ml (1 Tbls) olive oil
- 200 g courgettes, thinly sliced
- 200 g cherry / Rosa tomatoes, halved
- 1 clove garlic, crushed
- 1 tsp salt and pepper to taste
- 30 ml (2 Tbls) chopped Italian parsley
- 150 g Penne pasta, cooked & well drained
- 3 eggs, lightly beaten
- 100 g grated cheddar cheese
- 1/2 tsp paprika

Products used



Four Cheese Pasta Sauce

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Vegetarian

This recipe is suitable for vegetarians.

Family Friendly

A great recipe to introduce kids to some kitchen tasks. Get your little ones to crack and beat the eggs. Older kids can help grate the cheese and make the salad.

Method

1. 1.
Prepare Royco® Four Cheese Pasta Sauce as per instructions on pack. Heat oil & stir-fry courgettes & tomatoes.
2. 2.
Add garlic, salt & pepper.
3. 3.
Remove from heat & stir in the parsley, cooked penne, prepared sauce & eggs in that order.
4. 4.
Return to stove & gently cook frittata without stirring, for 5-10 minutes (until it starts to set).
5. 5.

Sprinkle with the grated cheese & paprika.

6. 6.

Grill until cheese is melted.

7. 7.

Cool slightly, cut into wedges & carefully remove from pan.

8. 8.

Garnish & serve with a side salad.

Recipe Tags

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

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Saucy Meatballs with Pasta

Cooking time

30 mins

Preparation time

5 mins

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Lasagna

Cooking time

30 mins

Preparation time

10 mins

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Butternut and Potato Bake

Cooking time

50 mins

Preparation time

15 mins

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Cape Malay Beef and Cashew Nut Stir-Fry

Cooking time

10 mins

Preparation time

5 mins

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Spinach And Cheese Cannelloni

Cooking time

35 mins

Preparation time

20 mins

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