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.

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

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. Prepare Royco® Four Cheese Pasta Sauce as per instructions on pack. Heat oil & stir-fry courgettes & tomatoes.
2. Add garlic, salt & pepper.
3. Remove from heat & stir in the parsley, cooked penne, prepared sauce & eggs in that order.

4. Return to stove & gently cook frittata without stirring, for 5-10 minutes (until it starts to set).
5. Sprinkle with the grated cheese & paprika.
6. Grill until cheese is melted.
7. Cool slightly, cut into wedges & carefully remove from pan.
8. Garnish & serve with a side salad.

Recipe Tags

Pasta Sauces, Plant-Based, Pasta, Side, Salad

Related Recipes

Stir Fried Curried Beef, Rice and Greens

Cooking time

10 mins

Preparation time

10 mins



Butternut Risotto with Rocket and Feta

Cooking time

25-30 mins

Preparation time

5 mins



Hot (or Not) Prego Rolls

Cooking time

15 mins

Preparation time

20 mins

The Ultimate Braai Broodjie

Cooking time

20 mins

Preparation time

15 mins

Simple Bacon Carbonara Pasta

Cooking time

20 mins

Preparation time

15 mins

Saucy Meatballs with Pasta

Cooking time

30 mins

Preparation time

5 mins

Lasagna

Cooking time

30 mins

Preparation time

10 mins

Butternut and Potato Bake

Cooking time

50 mins

Preparation time

15 mins

Cape Malay Beef and Cashew Nut Stir-Fry

Cooking time

10 mins

Preparation time

5 mins



Spinach And Cheese Cannelloni

Cooking time

35 mins

Preparation time

20 mins

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