



Mini pasta frittata

Super simple and perfect for the lunchbox. No need to follow the recipe exactly - use whatever vegetables you have on hand.



Time to prepare: 15 minutes



Time to cook: 20 minutes



Serves 12



Suitable for vegetarians

Ingredients

- 2 cups macaroni
- 2 courgettes, grated

- 1 carrot, grated
- 1 cup grated cheese
- 8 eggs
- 1/2 cup low-fat milk

Method

1. Heat the oven to 180°C.
2. Cook pasta by following the instructions on the packet. Drain and rinse in cold water.
3. Lightly grease a 12-hole medium muffin tray.
4. Mix together cooked pasta, grated courgette, carrot and about 3/4 cup grated cheese in a large bowl.
5. Divide the mixture evenly across the greased muffin tins.
6. Whisk together eggs and milk in a large jug. Add a little black pepper, to taste. Pour egg mixture evenly over the vegetable mixture.
7. Sprinkle with remaining cheese.
8. Bake for 18 to 20 minutes or until cooked through and golden.
9. Stand in the tin for a few minutes before running a knife around the outside of each frittata and lifting out.
10. Tasty hot or cold.

Notes

- Try different vegetable combinations, for example, frozen peas or corn, chopped red or green pepper, grated kūmara or grated pumpkin. - For a change try with canned tuna or salmon, chopped ham or chopped cooked chicken.

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