

Difficulty:
Easy



Time:
45 minutes



Frittata



Allergens: Dairy, Gluten, Eggs

What is it?

A perfect dish for leftovers filled with pasta and veggies.

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Vegetable stock	1	1	1
Pasta	50g	75g	85g
Leek	1/2	3/4	1
Sweetcorn	50g	70g	85g
Peas	50g	70g	85g
Pepper	1/2	3/4	1
Eggs	1	2	2
Milk	75ml	120ml	150ml
Thyme	1tsp	2tsp	2tsp
Cheese	25g	40g	50g
Parmesan	1tbsp	2tbsp	2tbsp

AVERAGE COST
PER PERSON
£0.87

Kit list:

- Saucepan
- Oven dish

Make it your own!

You could add any leftover vegetables to this and reduce food waste.

Celebrate Family
Food

Charity no.
1125784



What to do:

Step 1: Preheat the oven to 190 degrees / gas 5

Cook the pasta with the stock cube until almost tender, add the diced vegetables and cook for another 2-3 minutes then drain.

Step 2: Whisk together the eggs and milk and season with salt pepper and thyme.

Step 3: Mix together the cheeses and add most of it to the egg mixture.

Step 4: Transfer the pasta and vegetables to a baking dish and pour over the egg mixture, sprinkle the top with the remaining cheese mix and bake for 35-40 minutes.

Serve with mixed salad.



What did you think of this recipe? Colour in the stars to give it a rating!

