

Cheesy Pasta Fritatta



Preparation time: 10 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Vegetarian



Ingredients

- 6 Eggs
- ¼ Cup milk
- ¼ cup Parmesan cheese (grated)
- ¼ bunch Flat leaf parsley (chopped)
- Spray olive oil
- ½ Red capsicum (diced)
- ½ Green capsicum (diced)
- 1 head Broccoli (washed and cut into rosettes)

- 1 cup Wholegrain pasta (cooked and drained)
- ½ cup Reduced fat cheddar (grated)

Optional salad:

- 1 Punnet of tomatoes (any type)
- Fresh basil leaves

Method

Lightly spray a non stick fry pan with spray oil. Heat on top of the stove, add capsicum, broccoli and fry lightly. Add pasta and stir occasionally until pasta is hot. Whisk eggs and milk together in a bowl, add parmesan cheese, parsley and season. Pour egg mix onto the pasta and arrange in an even layer. Cook over medium heat until almost cooked and still soft in the centre. Sprinkle with grated cheese and finish under the grill until brown. Slide put of the pan onto a chopping board and cut into wedges.

Notes

serve with a tomato and fresh basil salad

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
260g	1200kj 287kcal	22.6g	14.6g	6g	13.1g	3.6g	346mg	5.4g

All nutrition values are per serve.