



EASY OVEN FRITTATA

This twist on a frittata will make a tasty balanced meal for everyone as it contains pasta and vegetables alongside the usual egg needed for a frittata.

BBC Goodfood Recipe

INGREDIENTS

- ½ tsp oil
- 85g pasta twists (wholegrain)
- 1 leek or 1 bunch spring onions, chopped
- 85g frozen or canned sweetcorn
- 85g frozen peas
- 1 red pepper, deseeded and chopped
- 2 large eggs
- 150ml semi-skimmed milk
- 1 tbsp dried thyme
- 100g cheddar cheese, grated

DIRECTIONS:

- Heat oven to 190C/fan 170C/gas 5. Grease a 1.2 litre baking dish with the oil.
- Cook the pasta in boiling water in a large pan for 8 mins. Add all the vegetables and cook for another 2-3 mins until the pasta is tender and the vegetables slightly softened. Drain, then tip into the baking dish and mix well.
- Beat together the eggs and milk in a jug and add the thyme. Add most of the cheese to the egg mixture, then season. Pour into the baking dish, stir gently, then scatter the rest of the cheese on top. Bake for 35-40 mins until set and golden. Cool for a few mins, then serve with a green salad.

