

Cheese, Courgette and Tomato Frittata



Delicious. Every time.

Prep time: 15 min

Cook time: 35 min

Serves: 4-6

Ingredients:

½ pack penne pasta

1 onion, chopped

20 ml butter or margarine

125 g courgettes, sliced

8 cherry tomatoes, halved

1 pack ROYCO four cheese pasta sauce

3 Eggs

100ml milk

Rocket leaves



Cooking Instructions:

1. Fry onions in butter / margarine until soft, add courgettes and continue frying until the courgettes are cooked.
2. Combine all ingredients in a greased Casserole Dish
3. Prepare ROYCO four cheese pasta sauce according to packet instructions
4. Beat eggs, add milk and the ROYCO four cheese mixture. Pour over pasta mixture.
5. Bake at 180°C for 20-25 minutes until set.
6. Serve with a rocket salad.