

Delicious Pasta Frittata



Preparation time: 30 mins

Serves: 4 people

User Rating: ★★★★☆

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Categories: Quick & Easy, Dinner Recipes, Lunch Recipes, Entertaining, Meals for One



Ingredients

- 1 1/2 cups spiral pasta
- 2 tsp olive oil
- 3 shortcut bacon rashers, chopped
- 1 small onion, finely chopped
- 1 red capsicum, chopped
- 310g can corn kernels, drained
- 1/3 cup finely grated Parmesan cheese
- 8 eggs, lightly beaten

Method

1. Cook the pasta in a large pan of boiling water until tender. Drain well. Meanwhile, heat the oil in a 26cm (top measurement) non-stick frying pan, and cook the bacon until lightly browned. Add the onion and capsicum and cook until soft.
2. Transfer to a bowl and add the corn kernels and pasta; mix well. Wipe out the pan, and add the pasta mixture. Pour in the eggs, and use the back of a spoon to smooth the surface.
3. Cook over medium-low heat for about 8 minutes, until set underneath. Place the pan under a preheated grill for about 10 minutes, until the top is set and golden.
4. Test the top of the frittata with a fork to make sure the egg is fully cooked. Cool slightly, then slide out onto a board.
5. Serve cut into wedges.

Nutritional Information

| Serving size | Energy | Protein | Total fat | Saturated fat | Carbs (total) | Carbs (sugar) | Sodium | Fibre |
|--------------|-------------------|---------|-----------|---------------|---------------|---------------|--------|-------|
| 347g | 2290kJ 547kcal | 34g | 19.5g | 6.2g | 55.5g | 8.3g | 838mg | 5.3g |

All nutrition values are per serve.