

Bolognese Lunch Frittatas

Ingredients:

- 1 cup cooked leftover pasta
- 1 cup leftover bolognese sauce
- 1/3rd cup grated carrot
- 1/3rd cup grated zucchini
- 2 eggs, lightly whisked
- 1 cup grated cheese



Method:

Pre-heat oven to 180C. Line a 6 hole large muffin pan with paper cases.

In a bowl combine cooked pasta, sauce and grated vegetables. Stir in egg and half the cheese.

Spoon evenly between muffin cases. Sprinkle with the remaining cheese. Bake for 20 to 25 minutes, until set and golden.