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by Liz Robb

Frittata Di Spaghetti

Ingredients

1 onion
2 cloves of garlic
4-5 tablespoons of olive oil
400g can of chopped plum tomatoes
A good pinch of sugar
Salt and black pepper
150g spaghetti
3 eggs
A handful of fresh basil leaves
80g parmesan cheese*

Servings
5
Person

Preparation

1. Peel and finely chop the onion then peel the garlic. In a large saucepan, gently sauté the onion and the crushed garlic in 2 tablespoons of olive oil for 5 minutes, to soften but not brown.
2. Stir in the chopped tomatoes and sugar then season with salt and black pepper. Bring to a gentle simmer and cook for about 20 minutes, stirring occasionally.
3. Remove from the heat and blend the tomato sauce until smooth.
4. Cook the spaghetti according to the instructions on the packet, until just about cooked through. Drain and tip into the tomato sauce and mix thoroughly. Set to one side to cool for a few minutes.
5. Beat the eggs together in a small bowl. Season well with salt and black pepper then mix into the pasta and tomato sauce. Finely chop the basil leaves and stir them in too.
6. Finely grate the parmesan cheese, if using, and stir it into the mix.
7. Heat 2-3 tablespoons of olive oil in a large deep heavy bottomed frying pan. Tip the frittata mixture into the hot oil, spread it out evenly and cook over a medium to high heat for 6-7 minutes, until crispy and brown underneath.
8. Now cook the other side; you can either flip it over by sliding it onto a plate first, or finish it off in a preheated oven if your pan is ovenproof. The centre should be hot and the top golden brown. It is best served hot but can be eaten cold too.

Cooks Note

This simple tasty frittata is traditionally made to use up pasta and homemade tomato sauce leftovers, but I think it's good enough to go to the effort of making it from scratch. Great for a quick midweek family tea or an easy lunch, served with a fresh dressed salad.

* Many traditional recipes do not add parmesan cheese to the frittata, but I include it as I think it really adds to the flavour. For vegetarians, either omit it or use a vegetarian alternative.