Pasta Frittatas

**Difficulty:** Easy

**Serves:** 18 mini serves

**Fresh from the garden:** Fresh herbs, eggs

**Recipe source:** Super Food Ideas

**Equipment:**
- Mini muffin tray
- Cooking spray
- Knives
- Chopping board
- Metric measures
- Medium mixing bowl

**Ingredients:**
- 1 cup of cooked mini pasta shells
- 3 eggs
- ¼ cup milk
- Semi-dried tomatoes, roughly chopped
- Ham, finely chopped
- ½ cup tasty cheese, grated
- Chives, finely chopped (kitchen scissors could be used)
- Salt and pepper

**What to do:**

Preheat oven to 180C.

Spray the muffin tin well with cooking spray.

Crack the eggs one at a time into the mixing bowl. Add the milk and beat the mixture.

Add the remaining ingredients and season well with salt and pepper.

Stir until combined.

Carefully fill the muffin holes with pasta mixture.

Bake for 10-15 minutes or until frittatas have puffed slightly and are golden.

Stand for 5 minutes to allow to cool before placing them on a serving tray.

*Note for home: Fresh herbs such as thyme, parsley and basil or finely sliced spring onions could be added.*