pasta and broccoli frittata

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1/2 cup ditalini (mini tubular pasta) - 3/4 cup broccoli - 1/4 cup sun-dried tomatoes in oil - 1/2 small onion - 4 medium eggs - 1 tbsp freshly grated parmigiano reggiano - 1 1/2 tsp salt - freshly ground black pepper - 1 tbsp olive oil

Instructions

I've never thought of using pasta in an omelette until I had a similar frittata at Chelsea Market in New York. I made this a mini version and added more vegetables as the combination of pasta and egg can be quite filling. 1. Cut broccoli into very small florets. Drain tomatoes and slice into small pieces. Mince onion very finely. 2. Bring some water to boil in a saucepan and add a pinch of salt. Cook ditalini according to package instructions. During the last 2 - 3 minutes of cooking, add broccoli. When done, drain and put under running water to cool. 3. Crack eggs into a large bowl and add cheese, salt and pepper. Beat well. Add onion, pasta, broccoli and tomato. Mix well. 4. Heat oil in a 20-cm nonstick pan and pour in the egg mixture. Turn heat down to low. Allow the mixture to set a little. 5. Using a frying slice or a pair of chopsticks, make swirling actions to break up the eggs so that the uncooked egg flows to the bottom of the pan. Keep doing this until you have a fairly set mixture. 6. When the frittata is sufficiently brown, cover the pan with a large plate and turn the frittata onto the plate. Slide it back into the pan and neaten edges. Continue cooking over low heat until done. Alternatively, you can do away with the flipping and finish the frittata off under the grill, if your frying pan is oven-safe.