



## Pasta Fritata Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>28</b>
<b>Serving Size</b>	<b>18</b>

### Ingredients:

- 1 pack DEL MONTE Elbow Macaroni (400g)
- 2 Tbsp oil
- 3 Tbsp garlic, crushed
- 2 can corned beef (150g)
- 1 pouch DEL MONTE Sweet Style Spaghetti Sauce (560g)
- 9 pcs egg, lightly beaten
- 1 2/3 cup cheese, coarsely grated
- 2 1/4 tsp salt
- - pepper, to taste

### Preparation:

1. Cook DEL MONTE Elbow Macaroni for 7 minutes in boiling water. The pasta should not be fully cooked. Drain. Set aside.
2. Using a non-stick pan, sauté garlic and corned beef for 3 minutes. Set aside.
3. In a bowl, combine the drained DEL MONTE Elbow Macaroni, DEL MONTE Sweet Style Spaghetti Sauce, eggs, corned beef mixture, and cheese. Season with salt and pepper. Mix well.
4. Heat a non-stick pan. Place half of the macaroni mixture in the pan. Cover with a lid and allow to cook until the mixture is set. Unmold and cut into wedges. Do the same for the remaining half of the mixture.

### Chef's Tip

Covering the non-stick pan allows the fritata to steam so the egg sets without using an oven as in traditional fritatas.

### Lusog Notes

This Pasta Fritata dish is a good source of protein that is needed for growth, development and the repair of body tissues. Protein is also necessary for the regulation of body processes.

### Cooking Skills Needed

- Boiling
- Sautéing
- Simmering

### Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon

- Spatula

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