

## Mini Pasta Frittatas



### Ingredients

- 1 cup pasta spirals
- 1 tbsp olive oil
- 1 small onion, chopped
- 1 small red capsicum, chopped
- 1 cup baby spinach leaves, chopped
- 50g shaved salami, chopped
- 1 cup grated tasty cheese
- 6 eggs
- 2 tbsp cream

### Method

1. Preheat oven to 180° or 160° fan forced. Line 6 large muffin cups with paper cases. Cook pasta in large saucepan.
2. Heat oil in frying pan, cook onion and capsicum over medium heat for 5 minutes until soft. Transfer to a large bowl. Add the pasta, spinach, salami and cheese. Mix well then spoon loosely into muffin cups.
3. Whisk the eggs and cream in a jug. Pour over pasta mixture in each cup. Bake for 25 minutes until golden brown.
4. Refrigerate and then serve up in tomorrow's lunch box!