Corn Frittata

serves: 32 tastings

From the garden: corn, eggs, rocket, spinach, parsley

Equipment:
Saucepan
Medium sized mixing bowl
Large metal mixing spoon
Metal grater
2 Medium baking pie dishes
Egg flip
2 Cutting knives
2 cutting boards

Ingredients:
8 eggs
300ml. cream
140g. dried macaroni
1 zucchini/gourd coarsely grated
190 g./2 cups corn kernels (2 cobs)
4 tablespoons chopped fresh parsley
200g./grated tasty cheese
Rocket leaves
Cup spinach
Cooking oil

Method

1. Pre heat the oven to 220 degrees
2. Boil the 2 cobs of corn in a saucepan, then separate the kernels
3. Cook the pasta in a large saucepan of salted boiling water following packet directions or until al dente. Drain.
4. Whisk the eggs in a bowl and season with salt and pepper.
5. Add the pasta, zucchini, corn and parsley. Stir to combine. Pour in the egg, mix and spread in a pie dish
6. Cook for 5 minutes in the oven, or until frittata is set around the edge
7. Top with shredded cheese. Cook under grill for 6 minutes or until set and golden. Cut into slices. Top with rocket.