

Frittata of Pasta - Frocia di Pasta

Turn into a delicacy the left over spaghetti! Make a “Frocia di Pasta” !
In the old days women never threw away food, it was simply too precious.
They would turn the leftovers into something else and often create better dishes out of it.
Try the “Frocia” you’ll be amazed how good it is.

Cooking tips: To make a Frocia you can use any leftover pasta either plain or with tomatoes sauce or any other type. Also you can add any ingredient that you wish to make to your taste.

Cooking time:

Preparation 5 minutes

Cooking 10 minutes

Difficulty: very easy **Serves:** 4

Ingredients:

4 tablespoons Nonna Angelina’s
Extra Virgin Olive Oil (EVOO)

½ lb. Leftover spaghetti

4 eggs

1 tablespoon plain breadcrumbs

1 tablespoon grated cheese

1 small clove garlic chopped finely

1 tablespoon chopped parsley

Nonna Angelina’s Organic Sea Salt

Hot pepper



Directions:

In a bowl break the eggs and beat them, add the breadcrumbs, grated cheese, chopped parsley, chopped garlic, a pinch of sea salt and hot pepper and mix everything.

Heat a frying pan with the EVOO, pour the spaghetti and let it fry for one minute, then lower the flame. Pour over the eggs and let it fry for 4-5 minutes covered.

Place a plate over the frying pan and turn it upside down, then replace the Frocia in the frying pan and let it simmer for another 4-5 minutes.

When done, place it in a serving plate and serve warm with a glass of Trapanie Red wine.

Buon appetito.

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