

Aglio e Olio Frittata

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 30 minutes

Step 1: Preparing Your Mise en Place

- 2 cups cold Aglio e Olio (recipe on Rouxbe)
- 8 large eggs
- 1/2 tsp sea salt
- freshly ground black pepper (to taste)
- 1/2 cup grated Parmigiano-Reggiano
- 1/2 cup heavy cream

Before starting the frittata, preheat your oven to 350° F (175° C).

To prepare your mise en place, loosen the cold, leftover Aglio e Olio noodles (from the Spaghetti Aglio e Olio recipe on Rouxbe).

In a large bowl, whisk the eggs, salt and pepper together. Whisk in the cream. Add the grated Parmigiano-Reggiano and leftover noodles and stir to combine. Set aside.

Step 2: Cooking the Frittata

- 1 tsp extra-virgin olive oil

To cook the frittata, heat an 8"-inch, non-stick, ovenproof pan over medium-low heat.

Add the oil and swirl it around in the pan. Once warm, pour the egg mixture into the pan. Using a heat-proof rubber spatula, gently agitate the eggs. Move the ingredients from the outside of the pan towards the center, while scraping the bottom of the pan. Scrape around the side of the pan too. Slowly cook the frittata until it is cooked about half way through. There should be cooked egg scattered throughout with wet (not runny) egg in between. Flatten out the surface, if necessary. Give the pan one last sweep around the edge to tidy it up. Transfer the frittata to the upper third rack of the oven and bake until the center just sets, about 5 to 10 minutes.

Once done, remove from the oven and let cool in the pan for a few minutes until the steam subsides. Slide the frittata out of the pan onto a cutting board or serving tray. Slice and serve.