SPAGHETTI FRITTATA WITH HERBS

Ingredients

10 large eggs

¾ cup grated Parmesan cheese, plus some shavings for the top.

3 spring onions, sliced

2 Tbsp olive oil, plus 50g butter for the frypan

¼ tsp salt

Freshly ground black pepper (lots!)

1 tsp each of dried herbs; basil, tarragon and oregano (or 2tsp mixed herbs)

6-10 leaves sage, finely sliced

½ cup parsley leaves, chopped finely

Large plate full: cold leftover spaghetti (cook and chill)

Method

* Bring a pot of water to the boil. Cook half packet of spaghetti. (If you are rolling the pasta do this and cook for just 3 nins)

Drain and without rinsing let cool on a plate. When cool enough put the whole tangled mess in the fridge and let become cold.

* Crack the eggs into a bowl and whisk very well, until streaks no longer appear. Mix in the cheese, oil, salt, and a grind of pepper. Add onions and herbs.
* Heat a couple tablespoons oil or butter in a large non-stick frypan over medium or medium-high heat. Add the spaghetti. just slide the entire frisbee-like chunk of spaghetti into the skillet. Let it get crisp and browned on the bottom, pressing down once or twice on the spaghetti with a spatula. Reduce the heat to medium-low and add the egg mixture.
* Turn the heat to low, after about 8 minutes, run a spatula around the edges to loosen the sides of the frittata and carefully slip a thin long spatula under it to loosen the underside.
* Invert a plate over the frypan and place one hand over the plate and the other hand on the handle. Turn it over and let frittata land on the plate, make sure the frypan is clean. Set the plate down and quickly grease the pan with a little more oil or butter. Then, with the help of the spatula, encourage the frittata to slide back in, keep it over low heat until it's cooked through, about 7 more minutes.
* When the frittata seems to be cooked through, make a crack in the middle with the tip of the spatula and sneak a peek to see that the egg is all set. When it's ready, slide or flip the frittata onto a plate. Sprinkle the top with shavings of parmesan and slice and serve.