

More than 1 hour

Serves 8

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Ingredients:

- 2 Tbsp (30ml) vegetable oil
- 500g beef mince
- 2 tsp (10ml) each ground cumin and coriander
- 2 tsp (10ml) origanum
- Salt and milled pepper
- 1 punnet (250g) baby tomatoes
- Handful parsley, chopped
- $\frac{2}{3}$ packet (about 300g) wholewheat spaghetti, cooked according to packet instructions
- 2 cups (250g) cheddar, grated
- 3 eggs, whisked
- 1 cup (250ml) cream

For serving:

- Handful cherry tomatoes
- Fresh rocket
- Parmesan shavings

GOOD IDEA

Replace mince with ham and corn to turn this into a scrumptious light lunch.

Method:

1. Preheat oven to 180°C.
2. Heat oil in a frying pan and brown mince.
3. Add cumin, coriander and origanum and season.
4. Fry for a few minutes more, then set aside to cool slightly.
5. Toss mince, tomatoes, parsley, spaghetti and cheddar together in a large bowl.
6. Press into a 23cm loose-bottomed tin and place on a baking tray.
7. Mix eggs and cream together and season well. Pour evenly over pasta mixture.
8. Bake for 45 minutes or until set and golden.
9. Stand for 10 minutes before unmoulding.
10. Top with tomatoes, rocket and parmesan.
11. Slice and serve.