

Makes 12

Ingredients

- 1 x 85g packet low fat instant noodles
- 3 eggs
- 1 cup (150g) frozen peas and corn mix
- ¼ cup (30g) grated reduced fat cheese
- Spray oil



Method

1. Cook noodles following packet instructions. Drain and cool. Discard the packet of seasoning.
2. Whisk eggs in large bowl. Add noodles, grated cheese, peas and corn. Combine well.
3. Lightly spray a large non-stick frypan with oil and heat over medium heat. Spoon in one tablespoon of the noodle mix, cook 4 to 6 at a time.
4. Cook for 2 minutes until the egg is set and noodle cake is golden brown. Turnover and cook a further 2 minutes.

Optional: Replace the peas and corn with any mixed diced vegetables. Add a small can of tuna or salmon

NUTRITION INFORMATION		
Servings per recipe: 12		
Average serving size: 37g		
	Per serve	Per 100g
Kilojoules (kJ)	313	844
Protein (g)	3.8	10.2
Total fat (g)	3.7	10.0
- Saturated fat (g)	1.5	4.0
Carbohydrates (g)	6.3	17.1
- Sugars (g)	0.9	2.3
Fibre (g)	0.4	1.2
Sodium (mg)	84	226

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.