



Noodle cakes



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.