

# Egg Worm Noodles with Simple Fried Rice



Preparation time: 20 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Vegetarian, First Foods



## Ingredients

- 1 ½ cups chopped mixed vegetables (see Tip)
- 2 eggs
- 1 tbsp milk
- 2 hard-boiled eggs, peeled, chopped
- 250g packet microwave brown rice

## Method

1. Boil, steam or microwave vegetables until just tender. Drain.
2. Whisk eggs and milk in a small bowl until well combined. Lightly spray a medium non-stick frying pan with oil and heat over medium-high heat. Add egg mixture, tilting pan to evenly cover base. Cook omelette for 1-2 minutes or until just set. Carefully loosen edges and turn out onto a board. Cut into thin strips 'worms'.
3. Cook rice following packet instructions. Combine rice and cooked vegetables. Divide fried rice between serving bowls and serve topped

with egg ‘worms’

Notes

Tip: Choose from a mixture of chopped sugar snap peas, snow peas, carrot, corn kernels or mixed frozen vegetables.

Fried rice can be frozen in small portions in a sealed container without the egg worm omelette for up to 1 month. Reheat in the microwave or in a saucepan.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
164g	828kj 198kcal	10.3g	5.4g	1.5g	24.6g	2.1g	94mg	4.2g	3.1µg

All nutrition values are per serve.