

# Angel Hair Spaghetti Veggie Special



Preparation time: 10 mins

Serves: 1 person

User Rating: ★★★★★

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Categories: Quick & Easy, Vegetarian



## Ingredients

- 40g Angel Hair pasta
- 2-3 eggs
- 1 small tomato
- ¼ red capsicum
- 4 button mushrooms
- 1 spring onion
- 125g can of corn kernels, drained
- Parsley to taste
- Pepper to taste

## Method

1. Cook pasta in a large saucepan of boiling water until tender. Drain. Return to saucepan.
2. Meanwhile, chop tomatoes, capsicum, mushrooms, and spring onions. Add the corn kernels.
3. Spray a non-stick pan with oil, add pasta, vegetables and crack over the eggs. Mix over medium heat until combined and press down with spatula. Once set transfer to a plate.
4. Serve with pepper and parsley to taste.

Notes

An error occurred.

[Try watching this video on www.youtube.com](#), or enable JavaScript if it is disabled in your browser.

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Need some more help. [Watch the Video Here](#)

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
482g	1270kj 304kcal	13.3g	3.5g	0.7g	47.7g	10.3g	37mg	9.3g	3.2µg

All nutrition values are per serve.