

# Mini Noodles & Sweetcorn Omelettes



Preparation time: 10 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Dinner Recipes, Lunch Recipes, Vegetarian



## Ingredients

- 75g packet fat free chicken 2 minute noodles
- 1/2 cup frozen peas
- 125g can corn kernels, drained
- 4 eggs, lightly beaten
- spray olive oil
- salad, to serve

## Method

1. Break up the noodles and place into a heatproof bowl with the peas. Cover with boiling water. Stand for 2 minutes, then drain well. Return to the bowl and add the contents of the noodle flavour sachet, corn and eggs.
2. Spray a small non-stick frying pan lightly with oil. Heat the pan and spoon 2 tbs of the mixture into a small pile. Spread out to about 7cm in diameter. Cook over medium heat for 1 1/2 minutes each side. Repeat with remaining mixture to make 12 omelettes (you can cook 3-4 at a time). Serve with salad.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
194g	999kj 239kcal	11.4g	11.2g	3.4g	20.3g	3.9g	280mg	5.5g

All nutrition values are per serve.