

MINI NOODLE & SWEETCORN OMELETTES

Published: 23 October 2012

Categories: Quick & Easy, Lunch Recipes, Dinner Recipes

Occasions: Dinner, Kids, Lunch



Preparation: **10** mins

Serves: **4** people

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

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.

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.