



## Savoury Noodle Fritters

### Ingredients

- g MAGGI 2-Minute Beef Noodles
- g Egg, Whole, Raw, Fresh
- g Ham, sliced, pre-packaged, deli meat (96%fat free, water added)
- g Peppers, Sweet, Red, Raw
- g Squash, summer, zucchini, includes skin, raw
- g Carrots, Raw
- g Onions, Spring Or Scallions (Includes Tops And Bulb), Raw

### Instruction

1. Break MAGGI 2-Minute Noodle cakes into quarters; place into a medium saucepan, cover with boiling water, cook 2 minutes. Drain well.
2. Combine contents of flavour sachets and eggs in a medium bowl; add ham, capsicum, zucchini, carrot, green onion and noodles, mix well.
3. Heat oil in a large fry pan; drop  $\frac{1}{4}$  cup (60ml) of mixture into pan; cook 1 minute each side or until golden and egg is set; repeat with remaining mixture.

### Nutrition

Carbohydrates	28 g
Energy	261.23 kcal
Fats	10.15 g
Protein	12.86 g

12 Minutes

4 portions