

Nutrition Snippet

NOODLE CAKES



Ingredients

Olive oil spray

½ 400g packet Singapore noodles

3 eggs

1 tsp reduced-salt chicken stock powder

125g tin corn kernels, drained

1 spring onion, thinly sliced

2 zucchinis, grated & liquid squeezed out

¼ capsicum, deseeded & chopped

6 cherry tomatoes, halved

Method

Preheat oven to 180°C. Spray a 12-hole muffin pan lightly with oil.

Place Singapore noodles in a large heatproof bowl and cover with boiling water. Stand for 1 minute and separate with a fork. Drain well and cut into 10cm lengths. Place back in the bowl.

In a separate bowl, whisk the eggs and chicken stock powder together well. Mix through the corn, spring onion and zucchini and capsicum. Pour over the noodles and mix.

Divide evenly into the prepared muffin tin. Top each with a cherry tomato half, seed side up. Bake for 15 minutes or until cooked through and golden. Cool in the pan for 5 minutes before transferring to a wire rack.

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