

BREAKFAST RECIPES



Corn, Ham and Noodle Omelette

Ingredients:

- 65g long-life dried noodles
- 125g can corn kernels, drained, rinsed
- 50g salt-reduced lean leg ham, finely chopped
- 1 small zucchini, grated
- 3 eggs
- 2 teaspoons peanut oil

Method:

1. Place noodles in a heatproof bowl. Cover with boiling water. Stand for 4 to 5 minutes or until tender. Using a fork, separate noodles. Drain. Return to bowl
2. Add corn, ham and zucchini to noodles. Place eggs and 1 tablespoon cold water in a jug. Whisk to combine
3. Preheat grill to medium-high.
4. Heat 1 teaspoon oil in a small, ovenproof frying pan over medium-high heat. Add half the noodle mixture. Cook for 1 to 2 minutes or until heated through
5. Pour other half the egg mixture over noodle mixture. Cook for 2 to 3 minutes or until egg mixture is almost set.
6. Place under grill. Grill for 2 to 3 minutes or until golden and egg mixture has set. Transfer omelette to plate. Repeat with remaining noodles and egg mixture. Cut into wedges. Serve

Alternative:

- For a vegetarian option, omit the ham
- Use gluten free noodles

