



## Ingredients

- 2 pkts Maggi 2 Minute Noodles Beef Wholegrain
- 2 Egg
- 100 g Ham
- 150 g Sweet Pepper
- 120 g Zucchini
- 120 g Carrots
- 40 g Spring onions

## Instruction

1. Cook 2 Minute Noodles following packet instructions (reserving flavour sachets); drain, rinse under cold water, set aside.
2. In a large bowl, add reserved flavour sachets, eggs, ham, capsicum, zucchini, carrot, green onion and reserved noodles. Mix well.
3. Heat oil in a large frying pan; drop ¼ cup (60mL) of mixture into pan; cook 1 minute each side or until golden and egg is set; repeat with remaining mixture.

### Nutrition

Carbohydrates	31.48 g
Energy	225.16 kcal
Fats	4.87 g
Protein	12.9 g

⌚ 12 Minutes

⊕ 4 portions