

2 Minute Noodle Cakes

Bursting with bright colours, these veggie-packed cakes provide plenty of adventure for tiny taste buds. They are quick to make and great for little hands to hold while munching. Best eaten hot, but they are also a lovely snack when eaten cold.



Serves 10 children



30 minutes

INGREDIENTS

Instant 2 minute noodles, no flavouring
85g (1 packet)
Eggs, raw 90g (2 whole)
Peas and corn, frozen 110g (3/4 C)
Red capsicum, diced 90g (1 medium)
Carrot, grated 60g (1 medium)
Sweet chilli sauce 20mls (4 tsp)
Pepper 1 pinch
Canola oil 40mls (2 Tbs)

DIRECTIONS

1. Boil water and pour over noodles until covered. Stir with fork. Leave for 10 minutes. Drain noodles.
2. Add eggs, peas, corn, grated carrot, diced capsicum, sweet chilli sauce and pepper. Mix with a wooden spoon.
3. Heat oil in fry pan. Scoop palm size amounts of mixture into fry pan.
4. Cook on both sides until golden brown. Makes 10 cakes.
5. Serve.

Allergy Information

Contains: egg, wheat, gluten

Childcare RDI Calculator:

Fat	<div></div>	70 %
Vegetables	<div></div>	40 %
Meat/Alt*	<div></div>	20 %
Cereals	<div></div>	30 %
Dairy		0 %
Fruit		0 %

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services