

Ingredients (makes 12)

- 170g dry noodles
- 4 eggs, lightly beaten
- $\frac{3}{4}$ cup reduced fat grated cheese
- 2 zucchini, grated
- Olive oil spray



Equipment

- Kettle
- Mixing bowl
- Grater
- Wooden spoon
- Paper towel

Tips:

Grating vegetables is a great way to hide vegetables in dishes for fussy eaters

Method:

1. Cook noodles as per the instructions on the packet, drain and put in a large bowl
2. Stir through eggs, cheese and zucchini
3. Heat a non-stick fry-pan over a medium heat or use an electric frypan. Spray with oil and cook $\frac{1}{4}$ - $\frac{1}{2}$ cup of mixture for 1 - 2 minutes each side until golden
4. Drain on absorbent paper. These will keep overnight in the fridge