

Pea and noodle fritters





★★★★★

0:15 Prep • 0:15 Cook • Makes 12 • Capable cooks

Fill lunch-boxes with crisp veggie snacks and these tasty fritters - perfect to eat hot or cold.

INGREDIENTS

- ☐ 1 1/4 cups frozen peas
- ☐ 1/2 x 440g packet shelf-fresh hokkien noodles
- ☐ 1/4 cup self-raising flour
- ☐ 1/4 cup milk
- ☐ 2 eggs, lightly beaten
- ☐ 1/4 cup grated parmesan
- ☐ 1 red onion, finely chopped 
- ☐ 1/4 cup rice bran oil
- ☐ Cherry tomatoes, to serve 
- ☐ Carrot sticks, to serve
- ☐ Celery sticks, to serve

METHOD

Step 1 Place peas in a heatproof bowl. Cover with boiling water. Stand for 2 minutes or until bright green and tender. Drain. Refresh under cold water. Return to bowl. Roughly mash peas with a fork. Add noodles, flour, milk, eggs, parmesan and onion. Season with salt and pepper. Stir to combine.

Step 2 Heat oil in a large frying pan over medium heat. Drop 1/4 cup batter into pan, spreading to form a circle. Repeat to make 4 fritters. Cook for 2 minutes or until golden underneath. Turn. Cook for 2 minutes or until cooked through. Transfer to a plate lined with paper towel to drain. Repeat with remaining batter. Serve with cherry tomatoes and carrot and celery sticks.

NUTRITION

1299 kJ
ENERGY

13.8g
FAT TOTAL

4.2g
SATURATED FAT

7g
FIBRE

12.6g
PROTEIN

101mg
CHOLESTEROL

370mg
SODIUM

30.2g
CARBS (TOTAL)

All nutrition values are per serve

NOTES

Store fritters in the refrigerator in an airtight container between layers of paper towel for up to 2 days

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