

Children's Services

PEA AND NOODLE FRITTERS

Fill up lunch-boxes with these tasty fritters - perfect to eat hot or cold.

INGREDIENTS:

1. 1 1/4 cup frozen peas
2. 1/2 x 440g packet shelf fresh hokkien noodles
3. 1/4 cup self raising flour
4. 1/4 cup milk
5. 2 eggs, lightly beaten
6. 1/4 cup grated parmesan
7. 1 red onion, finely chopped
8. 1/4 cup rice bran oil
9. Cherry tomatoes, to serve
10. Carrot sticks, to serve
11. Celery sticks, to serve

METHOD:

Step 1

Place peas in a heatproof bowl. Cover with boiling water and stand for two minutes or until bright green and tender. Drain. Refresh under cold water. Return to bowl. Roughly mash peas with a fork.

Step 2

Add noodles, flour, milk, eggs, parmesan and onion. Season with salt and pepper. Stir to combine.

Step 3

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 four fritters. Cook for two minutes or until golden underneath. Turn. Cook for two minutes or until cooked through. Transfer to a plate lined with paper towel to drain.

Step 4

Repeat with remaining batter. Serve with cherry tomatoes, carrot and celery sticks.

Recipe taken from:

taste.com.au

CHILDREN'S SERVICES

e: info@ymcawa.org.au t: 08 9473 8400

 /YMCAWAELC  /YMCAWAOSHC  /YMCAWAFamilyDayCare

ymcawa.org.au

