

Super Easy Noodles

Ingredients

Click the image below for a [video guide](#).



- 2 packet cheap noodles
 - 2 eggs
 - 1 tbsp oil
- 1 red pepper, finely sliced
- 1 onion, finely chopped
- 500ml vegetable stock
- Frozen veg (or any veggies available)

Method

- 1.** In a pan heat your oil and add your onions, peppers and any other veg you have, stirring occasionally.
- 2.** Pour in your stock and your noodles, break the noodles down so they are evenly distributed through the pan.
- 3.** Move your noodles to one side of the pan before cracking your eggs on the opposite side. Before they fry combine with the noodles and fry for a further 2 minutes until the eggs are cooked.

The Finer Details

Per Portion
200 Calories
5g Protein
20g Carbs
9g Fat
