

## **VEGETABLE NOODLE BAKE**

GF DF Mod salicylate

Low Amine

**Serves 4-6**

### **Ingredients:**

400g Slendier spaghetti Style  
Noodle

1 zucchini, peeled

1 carrot

2 shallots

1/3 cup chopped parsley

4 eggs

Iodised salt to taste

Rice bran oil for cooking



The recipe requires a large frying pan with a lid

### **Method:**

- Remove Slendier noodle from the packet and chop into smaller pieces
- Grate the peeled zucchini and carrot
- Finely chop the shallot and parsley
- Beat the eggs in a separate bowl
- Combine the vegetables and egg together in a bowl and mix through
- Salt to taste
- Heat the oil in a large frying pan and pour the mixture evenly over the surface of the pan
- Cook, covered, on a medium heat for roughly 15 minutes or until set

### **To serve:**

- Gently run a spatula under the cooked mixture to ensure it comes away from the base
- Place your serving platter or cutting board over the frying pan and invert the noodle bake onto the serving board
- Cut into wedges and serve with a suitable salad or vegetables
- Or cut into meal portions to store in the fridge or freezer for work or school lunches.