



PRIMARY CARE
CONNECT

Simple Recipe Ideas

This booklet contains a handful of simple recipes on how to make tinned spaghetti & 2-minute noodles into a more substantial meal.

Sources:

<https://spc.com.au/recipes/>

<https://www.bestrecipes.com.au/>





Chicken Noodle Omelette

Ingredients

- 2 cups water
- 1 packet 2-minute noodles
- 1 cup chicken
- Sprinkle of herbs (fresh or dried)
- 2 eggs lightly beaten
- 2 tbs cheese

Method

1. Cook noodles following packet directions, add flavouring sachet, drain and set aside.
2. Grate cheese and dice chicken
3. Cook chicken in frypan over medium heat until brown.
4. Add noodles and herbs to frypan
5. Beat eggs and pour into fry pan
6. Cook over medium heat until centre is just firm
7. Sprinkle cheese over top of omelette and put under hot grill until cheese is melted and browned.



Noodle Stir-Fry

Ingredients

1 packet 2-minute noodles

Protein (handful of chicken, red meat or canned tuna)

1 cup fresh or frozen vegetables (peas, corn, beans, carrot etc.)

Optional:

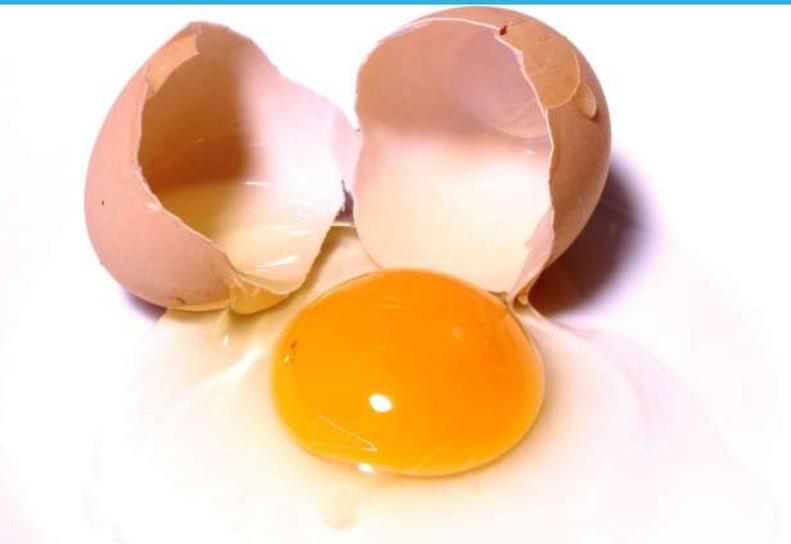
1 egg

Soy sauce, sweet chili sauce or BBQ sauce

Method

1. Dice protein and cook in non-stick frypan over medium heat until brown
2. Steam vegetables for 2-3 minutes
3. Cook noodles following packet directions and set aside
4. Beat egg and fry like a pancake, remove and roughly chop.
5. Stir in cooked protein, vegetables and egg to noodles
6. Add soy sauce, sweet chilli sauce or BBQ sauce and stir well.

*If using canned tuna, it does not need to be cooked – can be added to noodles straight from can



Carbonara Noodles

Ingredients

- 1 packet 2-minute noodles
- 1 egg
- Handful bacon
- Handful spring onion
- Sprinkle of parsley
- 1 tsp garlic

Method

1. Cook noodles following packet directions, add flavouring sachet and drain
2. While noodles are cooking, dice bacon and spring onion
3. Add spring onion, bacon and garlic to a non-stick frypan and cook for 1- 2 minutes on medium heat
4. Turn frypan off and add cooked, drained noodles to pan
5. Beat egg and add to pan, stir through well.



Spaghetti Casserole Bake

Ingredients

- 1 can spaghetti in tomato sauce
- 2 cups beef mince or 1 can beans/lentils
- 1 tsp garlic
- 1 small onion
- 2-3 handfuls of spinach
- 1 cup cheese

Method

1. Dice onion, grate cheese and mince garlic and set aside
2. Place onion, garlic and mince in non-stick frypan and cook over medium heat for 10 minutes
3. Add lentils/beans if using and cook for 1 minute
4. Stir in tinned spaghetti and spinach
5. Transfer to a baking dish and sprinkle cheese on top.
6. Bake for approximately 20 minutes until golden brown



Spaghetti Muffins

Ingredients

1 can spaghetti in tomato sauce

4 eggs

1 ½ cups cheese

Method

1. Preheat oven to 180C.
2. Empty spaghetti into large bowl and add cheese.
3. Lightly whisk 4 eggs and add to bowl, mix well
4. Grease 12-hole muffin tray and evenly place mixture into each hole
5. Bake for 15 minutes, allow to cool for 2 minutes before removing from tray.



Spaghetti Quesadilla

Ingredients

- ½ cup canned spaghetti
- 2 wholemeal wraps
- ½ cup cheese
- 4 slices of ham/salami
- ½ capsicum
- ¼ cup tomatoes
- Handful corn kernels

Method

1. Dice capsicum and tomatoes, grate cheese and slice ham into strips
2. Place 1 wrap on chopping board and cover with all ingredients
3. Place other wrap on top of ingredients
4. Carefully place in sandwich press and cook for 5-8 minutes or until cheese is melted
5. Cut like a pizza into quarters.