



# SMOKY BACON NOODLES

TRY THIS LOW FAT, HIGH FLAVOUR DINNER.

- 1 rasher smoked back bacon, trimmed and chopped
- 2 spring onions, white and green separated and finely sliced
- 50g frozen peas
- quarter tsp paprika
- 2 tsp cornflour
- 200ml vegetable stock
- 150g block straight-to-wok wheat noodle, or equivalent of dried, cooked
- splash Worcestershire sauce

- 1** In a small non-stick frying pan, fry the bacon for a few minutes, add the white parts of the spring onion, peas and paprika and cook for 1 minute more.
- 2** Mix the cornflour with a little of the stock to get a paste, then stir this into the pan with the rest of the stock, noodles and a good splash of Worcestershire Sauce.
- 3** Simmer for a couple of mins until thick and saucy, then scatter with the green parts of spring onion.

SERVING COST: £2  
PREP TIME: 5 MINS  
COOK TIME: 5 MINS  
SERVING: 1

**Host.**

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