

Less than 1 hour

Serves 1

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Ingredients

- 2 tsp (10ml) smoked paprika
- 1 Tbsp (15ml) honey
- 2 Tbsp (30ml) fresh coriander, chopped
- Glug olive oil
- ½ onion, chopped and fried until golden
- 1 packet (73g) 2 minute-noodles (discard the spice packet)
- ¼ cup (50-60g) frozen corn
- ¼ cup (50-60g) frozen broccoli florets
- ¼ cup (50-60g) frozen carrots
- 1 cup (250ml) hot water or vegetable stock
- Salt and milled pepper
- Squeeze lemon juice
- Fresh basil, for serving

Method

1. Place paprika, honey, fresh coriander and olive oil in a 500-750ml jar.
2. Layer with fried onions, noodles, corn, broccoli and carrots (if prepping ahead of time, store in the fridge overnight).
3. To serve, top up with hot water or vegetable stock, put the lid on and leave for 6-8 minutes or until veg and noodles are cooked through.
4. Season, add lemon juice and stir well to incorporate all the flavours (making sure to scrape the bottom of the jar).
5. Tip out onto a bowl or plate and enjoy.

GOOD IDEA

Add some leftover meat or chicken – shredded, sliced or chopped – to bulk this meal up with protein.

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