



LOVES FOOD

BACON AND CORN PASTA

INGREDIENTS:

500g of shoulder bacon	1 teaspoon salt
1 small onion chopped	1 teaspoon thyme
2 tablespoons cooking oil	1 teaspoon dried parsley
Half a teaspoon of black pepper	
3 teaspoons of crushed garlic	
500ml of milk	
1 cup frozen sweet corn	
500g packet of macaroni of your choice	

METHOD:

1. Chop your bacon into small pieces and cook in a pot until all the water has evaporated.
2. Add your onion to the pot with the cooking oil and fry until the onion is completely translucent and the bacon is taking on a slightly brown colour.
3. Add the garlic, salt, pepper, thyme and parsley. Continue to stir this for at least 5 minutes to allow the garlic to cook.
4. Add milk and sweet corn and stir periodically until the milk comes to a boil. Set this sauce aside as you prepare the pasta. This sauce can be made ahead of time and refrigerated for completion on a later day.
5. Boil the macaroni of your choice in hot water, salt and a little cooking oil. Once the pasta is cooked, strain all the boiling water out.
6. Bring your pasta sauce back to a boil before adding the boiled and strained pasta. Stir until the sauce is completely mixed into the pasta. Taste in case a little extra salt may be needed.

SERVING SUGGESTION

This pasta dish goes very well with a lettuce and apple salad on a summer day, or steamed broccoli and carrots on a winter day. Either way it is a quick and hearty dish that will have the whole family filled and happy.

Enjoy!

With love,
From Famous Warrior's kitchen