

# Pasta carbonara

**This recipe turns what's usually a high-fat family favourite into a healthier option for everyone. So you can still enjoy your dish, while cutting back fat. This classic pasta recipe is made with a reduced fat cheese sauce and has a fabulous flavour!**

**Serves:** 4 adults

**Preparation time:** 10 mins

**Cooking time:** 15 mins

## Ingredients:

300g dried spaghetti

1 tsp vegetable oil

4 slices lean back bacon rashers snipped into pieces

5 spring onions trimmed and finely chopped

150g lower fat soft cheese with garlic and herbs

1 egg

150ml 1% fat milk

40g reduced fat hard cheese finely grated

2 tbsp fresh parsley chopped

1 pinch ground black pepper

## What to do:

1. Bring a large saucepan of water to the boil. Add the pasta or spaghetti and cook for 8-12 minutes, according to pack instructions.

2. Meanwhile, heat the oil in a large non-stick frying pan. Add the bacon and spring onions and cook them for about 5 minutes, stirring often. Remove from the heat.

3. Beat together the soft cheese and egg in a mixing bowl, then stir in the bacon and spring onions. Add the milk, half the cheese and the parsley (if using). Season with some pepper.

4. Drain the pasta, then return it to the saucepan. Add the egg mixture and heat gently for 2-3 minutes, stirring constantly, until the mixture cooks and thickens. Serve, sprinkled with the remaining cheese.

**Tip 1:** For a vegetarian version, omit the bacon.

**Tip 2:** Check the pack instructions for cooking the pasta, as some quick-cook varieties are done in just 3-5 minutes.

**Tip 3:** Try adding 75g thawed frozen peas, stirring them in just after adding the egg mixture to the pasta.



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**Nutritional information:**

Per portion (i.e. ¼ recipe)

409kcal / 1711 kJ

26.5g protein

9g fat of which 4g saturates

61g carbohydrate of which 8g sugars

2.6g dietary fibre

688mg sodium

1.7g salt

