



Healthy
Eating

Recipe of the week

Pasta Carbonara

Ingredients

- 300g dried spaghetti
- 1 tsp oil
- 4 lean rashers of bacon diced
- 5 spring onions finely chopped
- 150g low fat garlic & herb cream cheese
- 1 egg
- 150ml skimmed milk
- 40g low fat cheddar grated

Step 1

Cook the spaghetti according to packet instructions. Meanwhile, heat oil in a frying pan, add the bacon and spring onions and cook for approx. 5 minutes. Remove from the heat.

Step 2

Beat together cream cheese and egg in a mixing bowl, then stir in the bacon and spring onion and mix. Add the milk and half of grated cheese, season with black pepper.

Step 3

Drain the pasta, then return to the saucepan. Add the egg mixture and heat gently for 2-3 minutes, stirring constantly, until the mixture cooks and thickens. Sprinkle other half of the cheese on top.