

Let's get cooking with



Healthworks
the community health charity

Pasta carbonara

What you need:

- 300g dried spaghetti
- 1 tsp vegetable oil—if using
- 4 slices of bacon—chopped into pieces
- 5 spring onions—chopped
- 150g lower fat soft cheese
- Garlic puree
- 1 egg
- 150ml milk
- Pinch of black pepper



Substitute as necessary if you have an allergy to any of the ingredients

How to prepare:

1. Boil a large saucepan of water, add the dried spaghetti and cook for 8—12 minutes, according to the pack instructions.
2. Dice bacon into small pieces and chop up your spring onions
3. Add your garlic puree to the pan, followed by the diced bacon and chopped spring onions
4. Cook for about 5 minutes, stirring often. Remove from the heat.
5. Beat together the soft cheese, milk and egg in a mixing bowl, then add to the bacon and spring onions in the pan.
6. Season with pepper if required.
7. Drain the pasta and add this to the combined mixture in the pan, cook gently for 2—3 minutes stirring constantly, until the mixture thickens.

Enjoy!

From the Community Skills Team
www.healthworksnewcastle.org.uk