



## Basic Creamy Carbonara

With Bacon and Parsley

carbonara **QUICK AND EASY RECIPE 20 MINS**



This is comfort food it is not only easy and cheap to make but delicious. Serve this dish with a side salad or add some spinach and mushroom to increase your vegetable intake. **SERVES 2**

### Nutrition Per Serving

Energy 2072 Kj 23%	Fat 27.8 g 40%	Saturated Fat 12.3 g 5.2%	Sugars 2.44 g	Salt 870 mg 91%	Protein 20.1 g 30%	Carbs 41.72 g	Fibre 4.4 g 17.6%
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### Ingredients

- ½ Onion, diced
- 2 Cloves of Garlic crushed
- 2 Rashers of bacon all visible fat removed then sliced
- 120 mL Fat reduced Cream
- 10 g Parsley finely Chopped
- 100 grams Pasta
- Pinch of Salt and Pepper

### Method

1. Cook the pasta as per packet instructions
2. In a pan add the oil and then add the diced onion and garlic and cook for 30 seconds.
3. Add the sliced bacon and cook for 1-2 minutes.
4. Add the fat reduced cream and cook until the cream is reduced and thick enough to coat the pasta.
5. Add the parsley and season with salt and pepper.
6. Add the cooked pasta to the sauce and mix to combine.