



Lighter Carbonara Calderdale



Serves 2

Ingredients

- 400g of pasta (recommend spaghetti).
- 1 tbsp olive oil.
- 155g of diced bacon.
- 2 cloves of garlic, finely chopped.
- ¼ tsp of dried basil.
- 200g of frozen peas.
- l egg.
- 60ml semi-skimmed milk.
- 50g of cheese e.g. parmesan, cheddar cheese.

- Bring a pan to the boil and add the pasta and cook according to the packet's instructions.
- Whilst the pasta cooks, make the sauce. Heat a frying pan until hot. Add half the oil to the pan along with the diced bacon. Fry for about 3 minutes until its cooked through and crispy around the edges.
- Add the remaining olive oil, garlic and basil. Then fry for another minute.
- Add the frozen peas and cook for 2 more minutes, or until any extra water has boiled off. Whilst you wait add the egg and milk into a cup and whisk. Then put to one side.
- 5. When the pasta has cooked drain it.
- Turn off the heat from the pea mixture then add in the pasta until well combined.
- Immediately add the egg mixture and mix really well to coat it.
- Stir in the cheese and enjoy! If the mix is a little dry add some water.