




Calcium
Iodine

Spaghetti Carbonara

SERVES 2



Ingredients

- Spaghetti
- Packet of lardons or smoked bacon
- ½ onion
- 160g of frozen peas
- Parsley (fresh is better)
- Soya Cream
- 1 heaped tbsp corn flour
- 30g Italian parmesan cheese

Directions

- Gently fry off the chopped onion and the bacon. Mean while cook the spaghetti according to the packet instructions.
- Add the soya cream and frozen peas and cook through for 5-7 mins.
- Using a little cold water make the cornflour into a smooth paste. Add this to the soya cream and stir till you feel it thicken (this helps it cling to the spaghetti)
- Add the drained spaghetti to the sauce and mix through so everything is coated. Season and sprinkle with chopped parsley and parmesan cheese before serving.

Lactose & Galactose Free Recipe