

Creamy Bacon & Mushroom Carbonara

Serves 4

Per Serving

353 Cals

10g Fat

Ingredients:

250g whole wheat spaghetti

6 slices extra lean bacon fat removed & thinly sliced, 200g

140g small mushrooms

9 x Fry Light sprays

1 teaspoon wholegrain mustard

2 tablespoons vegetable stock

30g grated extra mature cheddar

3 teaspoons cornflour

Cooking instructions:

1. Bring a large pan of lightly salted water to the boil. Add spaghetti & cook till al dente.
2. Heat a non stick frying pan add the bacon & cook until browned. Add the mushrooms & fry light and cook for 2 mins.
3. Stir in the mustard and stock & cook for 3 mins. Reduce heat & add cheese, stir until melted.
4. Blend the cornflour with 2 tablespoons of water and add to the pan until the mixture becomes quite thick. Remove the pan from the heat and let cool slightly.
5. Drain the pasta and return it to the warm pan, pour the Carbonara sauce over the spaghetti and mix together. Divide between 4 bowls and serve.