

LOW FAT CARBONARA



YOU'LL NEED...

- ▶ **WHOLEWHEAT BROWN SPAGHETTI (2cm ROUND HANDFULL) SNAP IN HALF**
- ▶ **2 BACON MEDALIONS - sliced**
- ▶ **MUSHROOMS 100g**
- ▶ **1/2 ONION chopped**
- ▶ **2 Tbsp LOW FAT SOUR CREAM**
- ▶ **CRUSHED GARLIC (fresh or frozen) - as much as you want.**
- ▶ **1 EGG WHITE**
- ▶ **DRIED CHIVES - optional**
- ▶ **BLACK PEPPER - optional**
- ▶ **EXTRA VIRGIN OLIVE OIL**

INSTRUCTIONS...

1. COOK SPAGHETTI AS PER INSTRUCTIONS ON PACKET
2. IN A PAN ADD OIL, MEDIUM HEAT, ADD GARLIC allow to sizzle.
3. ADD BACON, MUSHROOMS, ONION, LID ON, STIR FREQUENTLY, COOK UNTIL ONION SOFT. POP LID ON AND DRAIN AWAY ANY EXCESS JUICES caused by mushrooms.

4. ONCE COOKED, DRAIN SPAGHETTI OF ALL WATER, PLACE BACK ON MEDIUM HEAT, ADD SOUR CREAM AND EGG WHITE. MIX WELL.
5. ADD BACON MIX FROM PAN, AGAIN STIRRING WELL.
6. ADD PEPPER TO TASTE.
7. PLATE UP, TOP WITH CHIVES

REMEMBER...

- ▶ YOUR PORTION SIZES - THIS WILL MAKE 1 PORTION DOUBLE CREME, VEG, BACON AND SPAGHETTI IF MAKING FOR MORE THAN ONE PERSON. STILL ONLY USE 1 EGG.
- ▶ YOU MAY HAVE YOUR OWN CHOICE OF VEG
- ▶ SAVE SMALLER PORTION FOR TOMORROWS LUNCH
- ▶ ADD CHILLIES IF YOU LIKE SPICY

THIS IS A CARB DENSE DINNER, THEREFORE HAVE LOW CARB LUNCH (SOUP)

IF GOAL IS WEIGHTLOSS.