

Veggie Carbonara



Servings: 4

Ingredients:

- 450g/1lb spaghetti
- 7 tablespoon double cream
- 1 garlic clove, crushed
- 100g/3 1/2 oz smoked cheddar, grated
- Freshly ground black pepper
- 3 x free-range eggs, beaten
- 100g/3 1/2 oz baby spinach
- 2 tablespoon chopped fresh parsley
- 60g/2oz sun-dried or semi-dried tomatoes in oil, drained and chopped
- Grated parmesan, or similar vegetarian grating cheese

Method:

1. Bring a large pot of salted water to the boil. Add the spaghetti and cook according to packet instructions.
2. Meanwhile, put the cream and garlic in a small saucepan and bring to a simmer. Add the smoked cheddar and allow melting over a low heat. You may need to stir it vigorously to make a smooth mixture. Remove from the heat and allow cooling slightly.
3. Add the beaten egg to the cheese sauce a little at a time, stirring constantly until each addition is smoothly incorporated. (If there are a few lumps of cheese, it really doesn't matter.) Season with freshly ground black pepper.
4. When cooked, drain the spaghetti in a large colander. Return the spaghetti pan to the heat and add the spinach leaves. Stir until the spinach softens, adding a splash of water if it begins to stick. Stir the spaghetti in to the spinach.
5. Pour the cheese sauce over the spaghetti and spinach. Add the sun-dried tomatoes and parsley. Toss everything together until the spaghetti is completely coated. Serve immediately, preferably with a crisp green salad and a grating of parmesan.

Allergens: