

Serves 4 / Prep 15 minutes / Cook 20 minutes / 584 kcal, 18g fat, 71g carbs, 31g protein

Healthier Carbonara

Any Italian reading this will be going mad. Carbonara is not to be messed with in Italy, so adding peas or any other veg is a no-no! It will always be an indulgent dish with all that cheese, so adding a little veg can't hurt, can it?

INGREDIENTS

350g (12oz) dried spaghetti
salt and pepper
1 tbsp olive oil
85g (3oz) bacon or pancetta, chopped into small strips
2-3 garlic cloves, crushed or finely chopped
200g (7oz) frozen peas, defrosted
3 eggs, beaten
100g (3½oz) Parmesan, grated, plus (optional) extra to serve

METHOD

1. Cook the spaghetti in a large pan of boiling salted water for about 8 minutes, then check it – you want it to have a fraction more bite than you would usually, as you will cook it a little longer later. We want it just a little al dente at this stage.
2. Heat the oil in the largest frying pan you have and fry the bacon or pancetta for 5 minutes until it starts to go crispy. Now stir in the garlic and cook for another 2 minutes, then tip in the defrosted peas.
3. Don't drain the spaghetti, but use tongs to take it from the water into the frying pan with the bacon and the garlic (we are doing this as we will use some of the pasta water, so keep the pan of water to hand).
4. Once you have added the spaghetti to the frying pan with the garlic and bacon, mix everything together, then turn the heat off. Mix the beaten eggs and cheese together in a bowl.
5. Pour the eggs and cheese into the pan and mix well (the residual heat in the pan will be enough to gently heat the eggs and cheese). Add some of the pasta cooking water to loosen the sauce. Season well with pepper (you probably won't need salt) and finish with a bit more Parmesan to serve, if you would like.

