

SQUASH CARBONARA

Time: 30 minutes

Serves: 4

Ingredients:

6 thick slices bacon - cut into matchsticks
1 large yellow onion - diced
10g garlic - finely chopped
600g cooked and drained spaghetti squash
2g kosher salt
0.5g freshly ground black pepper
60g freshly grated Parmesan cheese
2g flat-leaf parsley - finely chopped

Preparation:

Place a large front pan on medium heat and add the bacon. Cook, stirring occasionally until lightly browned (approximately 12 minutes).

Stir in the onion and garlic. Cook, stirring occasionally for seven minutes. Remove from heat.

Toss the bacon mixture with the remaining ingredients, reserving some Parmesan and parsley for serving.

Serve immediately.

Nutritional Information Per Serving:

Calories: 268
Fat: 20g
Carbs: 14g
Fibre: 3g
Protein: 10g