

Pasta Carbonara with Pumpkin, Broccoli and Basil

330mls (1 1/3 cups) light evaporated milk

3 eggs

100g lean bacon, diced and dry fried

350g pasta (spiral, penne or fettuccini)

1 cup diced pumpkin, roasted or lightly steamed

1 small head of broccoli, cut into small flowers and steamed

1/4 cup fresh basil, torn or chopped

1 cup grated Edam cheese

3 Tbspns grated Parmesan cheese

Freshly ground black pepper

Lightly whisk the milk and eggs together; set aside. Cook pasta in a large saucepan of salted boiling water, until al dente (just soft). Drain well and return to the saucepan. Add pumpkin, broccoli and egg mixture and stir constantly over medium low heat until the egg mixture is almost set. Stir in the basil and cheeses and season with pepper. Serve with a green salad.
Serves 6

Health Habits:

- Replacing cream with light evaporated milk – lowers the fat content
- Adding vegetables – dilutes fat and adds valuable fibre, vitamins, minerals and antioxidants
- Using Edam cheese – less fat than regular cheddar

Per serve: 1780kj, 425cals, 7g fat, 4g fibre