

Spaghetti Carbonara (Serves 2-3)

Ingredients

Spaghetti

Packet of lardons or smoked bacon

½ red onion

Cup of frozen peas

Parsley (fresh is better)

Soya cream

1 heaped tablespoon cornflour



Method

1. Gently fry off the chopped onion and the bacon. Meanwhile, cook the spaghetti according to the packet instructions.
2. Add the soya cream and frozen peas and cook through for 5-7 minutes.
3. Using a little cold water make the cornflour into a smooth paste. Add this to the soya cream and stir until you feel it thicken (this helps it cling to the spaghetti).
4. Add the drained spaghetti to the sauce and mix through so everything is coated. Season and sprinkle with chopped parsley before serving.