

## Spaghetti Carbonara *Week 1*

1 tsp oil  
200g / 3/4 cup bacon lardons  
900ml / 4 cups vegetable stock  
350g / 12oz spaghetti  
2 cloves of garlic, crushed  
125ml / 1/2 cup single cream  
2 medium eggs  
50g grated parmesan  
To serve - chopped fresh parsley and a little more grated parmesan

### **Method:**

Add the oil to a large pot or a wok and heat. Add in the bacon lardons and cook for 3-4 minutes until soft. Remove them from the pan and put to one side in a bowl.

In the same pan add the vegetable stock and bring it to the boil. Add in the spaghetti and the crushed garlic cloves and cook for 8-10 minutes until the spaghetti is soft and all the stock has just about absorbed.

Add the cream to a small jug and crack in the two eggs. Pour this into the spaghetti and mix well.

Add the grated parmesan and mix again before adding the cooked bacon back in.

Serve immediately with a little chopped fresh parsley and some more grated parmesan.