

# LighterLife Management

## Week 5 Recipes:

### Spaghetti carbonara

Our take on the Italian classic is far lower in fat, but doesn't skimp on the taste!

**Serves: 1**

Nutrition per serving:

422 kcal, 32g protein, 45g carbs, 13g fat, 1g fibre

#### Ingredients:

- 60g dry spaghetti
- 40g lean ham, trimmed and diced
- 1 medium egg, beaten
- 1 tbsp quark
- 1 tbsp fresh chopped parsley
- 20g grated Parmesan cheese
- freshly ground black pepper

#### Method:

1. Cook the spaghetti according to the pack instructions, until just tender. Drain and return it to the hot pan.
2. Add the ham and egg to the pan and stir gently and continuously over a very low heat until the egg starts to scramble.
3. Remove from the heat and stir in the quark, parsley and half the Parmesan. Grind in some black pepper, sprinkle with the remaining cheese and serve immediately.

#### Tips:

- Try fettuccine, tagliatelle or linguine instead of spaghetti. If you don't have any Parmesan, add 2 tbsp grated mature cheddar; Pecorino also tastes great. Virtually fat-free, plain fromage frais can be used instead of quark.