



# SPAGETTI CARBONARA WITH SMOKED SALMON

## INGREDIENTS

Serves 4 -

240g dried spaghetti  
180g hot smoked salmon  
250ml pasta water (keep back before draining the pasta)  
100g frozen peas  
10g parmesan grated  
3 eggs  
1tbsp fresh chives  
1 tsp garlic granules  
salt and pepper  
low cal cooking spray

## PREP TIME

Prep time - 5 mins

Cook time - 10 mins

314 calories per serving

## HOW TO COOK:

01

Cook spaghetti according to instructions. In the last 4 minutes of cooking time, add the peas and cook through.

02

Beat the eggs in a bowl with the grated Parmesan, chives, garlic powder and salt and pepper.,

03

Drain the spaghetti and the peas but keep 250ml of the pasta water back. Keep pasta and peas in the colander.

04

In a pan spray fry light and flake the hot smoked salmon fillets in the pan and heat through for a few minutes.

05

Return the spaghetti and peas back to the pan, turn off the heat and remove pan from heat. Add egg mix and pasta water and stir thoroughly. Serve immediately and serve with extra parmesan if needed.

