

**“It tastes like carbonara”
(with a little less fat and more crunch)**

A creamy pasta dish that tastes delicious but with less saturated fat than a traditional carbonara, it's a little kinder to the heart.

Ingredients:

- 150g spaghetti
- rapeseed oil spray
- ½ red onion, finely chopped
- 200g turkey mince
- 100mls low salt vegetable stock
- ½ bag (150g) kale, finely chopped
- 200g crème fraîche
- handful of sage (just the leaves, finely chopped)
- handful of walnuts
- mixed green salad for two



Method:

1. Boil the kettle and pour 200mls of hot water into a saucepan and set to boil
2. Prepare the vegetable stock with the remaining water
3. Heat a wide bottomed frying pan and lightly spray with rapeseed oil
4. Gently sauté the onion and sage for 3-4 minutes until softened
5. Set the onion and sage to one side, add another spray of rapeseed to the pan
6. Add the spaghetti to the boiling water then gently simmer until al dente (around 10 minutes)
7. Gently brown the turkey mince, breaking apart with a wooden spoon. Do this for around 5 minutes until the turkey has turned colour, showing no pink
8. Once the turkey is browned add the onion, sage and vegetable stock and gently simmer
9. Set the oven to 200°C and line a baking tray with parchment paper. Scatter the kale, lightly spray with oil and leave in the oven for 5 minutes to crisp up
10. Drain the spaghetti in a colander, combine with the crème fraîche and add to the pan of sauce. Stir to heat through.
11. Toss the crispy kale into the pan, remove from the heat and serve with a scattering of walnuts and side salad.