



Recipe Category / Pasta

Greek-style carbonara

15'
Hands on

15'
Cook Time

4
Portion(s)

1
Difficulty



Method

- In a **pot** with salted water, boil the spaghetti for 1 minute less than the packet's instructions.
- **Cut** the bacon and the mushrooms into small slices.
- Place a **frying pan** over high heat, add the olive oil, and sauté the bacon, the mushrooms until they are golden.
- Lower the heat to medium, add the heavy cream, the garlic, the pepper, and heat for 3-4 minutes.
- At the same time, grate the parmesan over a bowl and finely chop the parsley on a **chopping board**.
- Set aside one cup, about 200 ml, of the water where the pasta is boiling, until needed.
- Drain the pasta, pour the hot spaghetti into the frying pan with the heavy cream, add a little of the water you kept aside, and mix well.
- Transfer the spaghetti to a deep plate, sprinkle with the grated parmesan, the finely chopped parsley and mix.
- Serve with freshly ground pepper.

Ingredients

- 500 g spaghetti
- 120 g champignon mushrooms
- 120 g bacon
- 3 tablespoon(s) seed oil
- 330 g light cream
- 2 clove(s) of garlic
- pepper
- 150 g parmesan cheese
- 1/2 bunch parsley

Διατροφικός πίνακας

Nutrition information per portion

806 Calories (kcal)	30.0 Total Fat (g)	16.0 Saturated Fat (g)	94.0 Total Carbs (g)
40%	43%	80%	36%
7.0 Sugars (g)	37.0 Protein (g)	5.8 Fibre (g)	1.5 Sodium (g)
8%	74%	23%	25%