



**Chicken Broccoli
Carbonara**

Serves 2 (each serving contains
500 kcal)

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021



Ingredients

1 shallot
300g tenderstem broccoli
100g wholewheat spaghetti
1 tablespoon rapeseed oil (15g)
50g smoked bacon lardons
1 garlic clove
100g diced cooked chicken pieces
1 egg

1 tablespoon freshly grated Parmesan shavings (10g)
salt (optional) and freshly ground black pepper

Method

Peel and finely chop the shallot. Trim and cut the tenderstem broccoli into small pieces. Break the egg into a bowl and season with a little salt (optional) and plenty of freshly ground black pepper.

Cook the pasta in a saucepan of boiling water with a pinch of salt (optional) for 10-12 minutes or according to packet instructions.

Heat the oil in a frying pan over a medium heat and sauté the shallot and bacon for 3-4 minutes until sizzling and lightly golden. Stir in the chicken and crush in the garlic. Season with a little salt (optional) and plenty of pepper and add the thyme leaves. Sauté for 1-2 minutes until sealed.

Add the broccoli to the pan and continue to sauté for another 2 minutes until just tender, adding one tablespoon of water if necessary, so that it steam-fries.

Drain the spaghetti and return to the pan but keep off the heat and reserve a small cupful of the cooking water, then gently fold in the chicken and broccoli mixture with the egg and enough of the cooking water to make a smooth sauce. The heat of the pan and ingredients will be enough to cook the egg enough so that they thicken but don't scramble.

Divide evenly between two wide rimmed pasta bowls and garnish with the Parmesan shavings to serve.