



**Caramelised Onion & Bacon Pasta**

Serves 2 (each serving contains approximately 480 kcal)

**PROUDLY SUPPORTING**  
**OPERATION TRANSFORMATION 2021**



**Ingredients**

- 1 small red onion
- 1 garlic clove
- 20 baby plum or cherry tomatoes
- 2 rindless bacon rashers
- 1 tablespoon softened butter (15g)
- ¼ teaspoon dried chilli flakes
- 100g wholewheat spaghetti
- 2 tablespoons balsamic vinegar (30g)

- 2 tablespoons rapeseed oil (30g)
- small handful fresh basil leaves (5g)
- salt (optional) and freshly ground black pepper

**Method**

Trim the red onion and cut in half, then peel and thinly slice. Peel the garlic and finely grate the flesh. Cut the baby plum or cherry tomatoes in half. On a clean chopping board, trim the bacon rashers and snip into small pieces and put on a plate.

Melt the butter in a frying pan over a medium heat. Add the onion with the chilli flakes and season freshly ground pepper. Sauté for 6-8 minutes until the onion is golden brown, stirring occasionally.

Bring a large pan of water to the boil with a pinch of salt (optional). Add the wholewheat spaghetti and carefully swirl it around so that it softens and goes into the water. Cook for 10-12 minutes or until tender.

Stir the garlic into the onion and cook for another minute or two until lightly golden. Add the bacon and sauté for another few minutes until crisp and golden.

Add the tomatoes with the rapeseed oil and balsamic vinegar, stirring to combine.

Drain the spaghetti into a colander in the sink. Add the pasta to the pan, tossing with a tongs to mix evenly and until everything is piping hot. Divide the caramelised onion and bacon among wide rimmed bowls and tear over the basil leaves to serve.