

Spaghetti Carbonara Makeover



Original Spaghetti

Serving size: 270g

Cost per serve: \$1.63*



Makeover Spaghetti

Serving size: 320g

Cost per serve: \$1.42*

Easy changes we made for the healthy way

We reduced the cost, energy, saturated fat, salt (sodium) and increased the fibre and vegetable content by:

- Reducing the amount of bacon used
- Frying the bacon in its own fat instead of with butter
- Reducing the amount of egg used and using whole eggs rather than just yolks
- Using low fat evaporated milk instead of cream
- Boiling the pasta in unsalted water
- Adding vegetables
- Using less parmesan cheese



Ingredients- 10 serves

Original

Dry spaghetti	750g
Bacon, sliced	375g
Cream	315ml
Egg yolks	5
Grated parmesan cheese	125g
Butter	25g
Salt	45g

Makeover

Dry spaghetti	750g
Sliced zucchini	625g
Sliced carrot	250g
Crushed garlic	25g
Low fat evaporated milk	315ml
Bacon, sliced	250g
Grated parmesan cheese	65g
Eggs	2

Method for Makeover

1. Bring a large pot of water to the boil
2. Add spaghetti
3. Boil until al dente and drain
4. Bring another smaller pot of water to the boil
5. Add bacon to a cold and dry frying pan and increase the heat
6. Fry the bacon in its own fat until crispy
7. Add garlic at last minute and sauté briefly but do not allow to brown
8. Remove from heat
9. Add evaporated milk to pan to warm through
10. In second pot of water blanch the carrot and zucchini for one minute then drain
11. Add bacon, garlic and evaporated milk, zucchini and carrot, parmesan and egg to spaghetti
12. Mix well and serve

Nutrient Information

	Original	Makeover	Difference
	Per serve	Per serve	Per serve
Energy	2394kJ	1590kJ	804kJ
Fat	32.6g	7.7g	24.9g
Saturated fat	16.6g	3.7g	12.9g
Carbohydrate	50.3g	55.0g	4.7g
Sugar	1.0g	5.3g	4.3g
Fibre	2.4g	4.5g	2.1g
Sodium (Na)	793mg	430mg	363mg

*Costs as at July 2013, Countdown Online <http://shop.countdown.co.nz/>