



Easy Turkey Carbonara

Serves -	4
Energy -	764Kcals
Protein -	34.2g
Fat -	38.4g
Sat Fat -	18.7g
Carbs -	74.9g
Sugars -	4.1g
Salt -	0.7g
Fibre -	3.9g
Prep-	15 mins
Cooking-	15 mins



Ingredients:

- 400g spaghetti
- 200g British turkey breast fillet, cut into 2cm cubes
- 2 tbsp olive oil
- 150ml double cream
- 3 egg yolks
- Salt and pepper
- 75g Parmesan cheese, grated

Method:

Cook the spaghetti according to the pack instructions, then drain and keep warm.

While the spaghetti is cooking, heat the oil in a deep saucepan. Add the turkey and stir fry for 3-4 minutes until cooked through (but not overcooked). Add the cooked spaghetti and mix well.

Place the cream and egg yolks into a bowl, whisk well and season with a little salt and pepper. Pour over the hot spaghetti and turkey and mix well off the heat – the yolks will thicken nicely.

Finally, add the Parmesan and mix well again. Serve straight away.

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