

# Courgette pasta carbonara

## Ingredients

### Serves 4

125 grams dry fettuccine

2 tablespoons oil

2 cloves garlic, crushed

4 courgettes, peeled into ribbons

2 carrots, peeled into ribbons

$\frac{2}{3}$  cup evaporated milk

1 cup grated cheese

pinch salt

pepper to taste

## Method












1. In a large saucepan bring approximately 5 litres of water to the boil.
2. Add pasta and stir to stop it sticking.
3. Boil for 10 minutes then drain and set aside in a bowl. Wash saucepan and dry with a tea towel.
4. Place the saucepan back on the stove and heat oil and garlic over low heat and cook 1-2 minutes.
5. Add courgette and carrot and cook over high heat, stirring for 1 minute.
6. Add evaporated milk and bring to a boil.
7. Add drained pasta and heat until mixture boils. Remove from heat and stir through cheese.
8. Season with salt and pepper, and serve.

## Variation

- Use 1 cup sliced cauliflower or spinach, grated pumpkin or cooked frozen peas in place of courgettes.



## Equipment

-  Bowl
-  Colander
-  Cutting board and knife
-  Grater
-  Kitchen scales
-  Ladle
-  Measuring cups
-  Measuring spoons
-  Large saucepan
-  Vegetable peeler
-  Wooden spoon

## Preparation and cooking skills

Boil, drain, grate, peel, slice, stir.

## Nutrition

- Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.
- Eating whole grain foods and starchy vegetables gives you fuel for energy, dietary fibre, vitamins and minerals. These foods contain carbohydrate which helps you to concentrate, learn and keep active.