

# Creamy chicken carbonara

Food Foundations • another NAQ Nutrition program

## Ingredients

### Serves: 20

- 1kg fettuccini
- 1.2kg chicken breast, diced
- 2 tbsp olive oil
- 2 onions, sliced
- 500g sliced mushrooms
- 3 x 375mL tin evaporated milk
- 240g baby spinach
- 400g tin corn kernals, drained
- 1 cup grated parmesan cheese



## Method:

1. Cook fettuccini according to packet instructions. Drain and keep warm.
2. Heat oil in a large frypan. Cook chicken until browned and cooked through (~5 minutes). Remove from pan.
3. Add onion and mushrooms to pan and cook on medium heat for 5-10 minutes until softened.
4. Add evaporated milk and bring to a simmer, stirring until sauce thickens.
5. Add cooked chicken, pasta, corn and baby spinach to the mix and stir for a few minutes until heated through and spinach is wilted.
6. Sprinkle with cheese and serve.

## Note:

- *Other vegetables that would go well in this dish include leek, pumpkin, peas or asparagus.*

| Food Group                 | Serves provided per portion |
|----------------------------|-----------------------------|
| Vegetables                 | 1                           |
| Grain foods                | 1.4                         |
| Milk, yoghurt and cheese   | 0.6                         |
| Lean meat and alternatives | 0.6                         |