

# Creamy Chicken Carbonara

OSHC

Food Foundations



**Serves:** 20

**Prep Time:** 10 minutes

**Cook Time:** 30 minutes

## Ingredients

- 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 kernels, drained
- 1 cup grated parmesan cheese

## Method

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

### Recipe Notes:

Some other vegetables that would go well in this dish include leek, pumpkin, peas or asparagus. This recipe is lower in fat than regular carbonara dishes.

Food Group	Serves provided per portion
Vegetables	1
Fruit	0
Grain foods	1.4
Lean meat and alternatives	0.6
Milk, yoghurt and cheese	0.6