

Creamy Chicken Carbonara

Ingredients

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

Serves: 20

Prep Time: 10 mins

Cook Time: 30 mins



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.

Recipe Notes:

Some other vegetables that would go well in this dish include leek, pumpkin, peas or asparagus. If the sauce does not thicken easily, mix a spoonful of cornflour into half a cup of the evaporated milk and stir through the sauce while cooking.

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