

Pumpkin and Sage Carbonara

Love a good pasta carbonara, but not loving the bloated heavy feeling after a full bowl of the stuff? Or are you looking for ways to get the kids eating more vegetables without them knowing it? Or you might simply be after a new edition to your weekly 'go to' meals.

Whatever the reason for trying it, you simply must give this one a whirl. It is my quirky take on a traditional classic chock full of health boosting vegetables topped off with a super special touch that takes the dish to another level of taste sensation.

Healthy is not the word you would typically use for a traditional carbonara dish, however in this version we replace the pasta with zucchini noodles and we add some sweet pumpkin and crispy sage to the sauce for some added goodness.

The flavour combination and texture of the sauce works so well in this dish, but don't just take my word for it, give it a go yourself.

Not a fan of zucchini or parsnip noodles, no problemo, this sauce works with your more traditional wheat noodles or gluten free options as well.

So here you have it, my pumpkin and sage carbonara.

Enjoy!

Ingredients:

6 tbsp coconut oil

350g rindless bacon, chopped
(preferably nitrate free)

1 onion, diced

3 garlic cloves, crushed

700g butternut pumpkin, diced
into 2cm cubes

1 litre of chicken broth

100ml coconut cream

1 egg

4-5 zucchinis, spiralled

1 cup sage leaves

Sea salt

Directions:

To make the crispy sage leaves, melt 3 tablespoons of oil in a small frypan over medium heat then add the leaves in batches and fry for 10 seconds, until crisp.

Remove with a slotted spoon and place on paper towel to cool. Sprinkle with salt.

Next, melt 1 tablespoon of oil in a small frypan over medium heat. Add the bacon and cook until crisp (about 7-8 minutes).

To make the carbonara sauce, melt the remainder of the oil in a large frypan over medium heat. Add the onion and sauté until translucent and soft (about 10 minutes). Add the garlic and cook for a further 30 seconds before adding the diced pumpkin and 500ml of the chicken broth.

Cover with a lid and bring to the boil, then reduce to a simmer for 20 minutes (or until pumpkin is soft and broth has reduced). Pour the mixture into a blender and add the coconut cream and egg and blitz to combine. Season with salt.

Bring the remaining broth to the boil and blanch the zucchini noodles for 2-3 minutes, until slightly softened. Drain and then mix the carbonara sauce with the noodles, top with crispy bacon and sage leaves and a sprinkle of parmesan.

Yummo!