

Zucchini Carbonara



Serves	4-5
Prep time	20 minutes
Cook time	10 minutes
Total time	30 minutes
Allergy / Intolerance	Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet – Very High Chemical
Meal type	Lunch , Main Dish
Misc	Child Friendly , Pre-preparable , Serve Hot

Ingredients

- 1 teaspoon butter or Nuttelex
- 185ml light evaporated milk
- 100ml smooth light ricotta
- 200g organic or preservative free ham or bacon (chopped)
- 1 leek (finely chopped)
- 1/2 cup low fat cheese (cream cheese (low chemical) or mild yellow cheese (amines))
- 1 handful parsley (chopped)
- 1/2 zucchini (peeled and grated, liquid squeezed out)
- 2 eggs
- 500g pasta (your choice)

Directions

1. Start cooking the pasta.
2. Saute the leek and zucchini in the butter/Nuttelex until soft. Add the bacon or ham and fry until it begins to brown.
3. Turn the heat down to low and add the evaporated milk and ricotta, mix until smooth. Keep warm. but don't boil.
4. Lightly beat the eggs with a fork, then add the parsley and cheese and mix.
5. When the pasta is cooked, drain and mix in the egg mixture and the ham/bacon mixture.
6. Serve immediately.

Note

Low Glutamates, Very High, Moderate Salicylate