

CREAM OF THE CROP

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Carbonara (Chicken and Mushroom Sauce) (serves 4)

Ingredients

300g seashells or ribbon pasta
1 tablespoon oil
1 onion, finely chopped
2 cloves garlic, crushed
200g mushroom, sliced
300g skinless chicken, chopped
250g low-fat plain yoghurt
2 tablespoon flour
4 teaspoon water
1 egg yolk
¼ cup torn fresh basil leaves
Ground black pepper
Extra fresh basil leaves, to garnish

Method

Cook pasta in a large saucepan of boiling water, until al dente. Drain well and set aside.
Heat cooking oil in a saucepan. Saute onion and garlic for a couple of minutes.
Stir in mushroom and chicken. Cook for a further 2 minutes. Remove from heat.
In a bowl, mix yoghurt, flour, water and egg yolk together. Add this to the chicken and mushroom mixture.
Return to a low heat and cook, stir constantly until the sauce thickens slightly. Do not allow to boil.
Stir in basil and season with pepper.
Add in hot pasta and stir to combine.
Garnish with extra basil and sprinkled with pepper.

Nutrient Analysis Per Serving

Energy	336 kcal
Carbohydrate	38 g
Protein	27 g
Fat	10 g
Saturated fat	3 g
Cholesterol	94 mg
Dietary fibre	2 g
Sodium	122 mg
Carbohydrate Exchanges =	~ 2.5 exchanges