

Healthy Alternative Boscaiola

Healthy Alternative Boscaiola ranks high in the comfort food stakes without the high calorie count of cream. Thin slices of sautéed bacon and mushrooms are mixed together with pasta and coated with a silky egg sauce.



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This dish is a frequent flyer in my home because it fits the 'get it on the table now' requirements of mid-week cooking. It really is a 'feel good' dish where you get caught up in its deliciousness. With just a few fresh ingredients, it can all be prepped and ready to go in under 20 minutes.



Preparation Time: 10 minutes
minutes

Serves: 2

Cooking Time: 8-9

Ingredients

- 180 g / 6 oz pasta
 - 200 g / 6.5 oz mushrooms, thinly sliced
 - 3 – 4 rashers of bacon, thinly sliced
 - 30 g – 40 g / 1 oz – 1.5 oz butter
 - 2 lightly beaten eggs
 - grated parmesan cheese
 - parsley, finely chopped
 - salt and pepper
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Instructions

1. Add 1 tablespoon of salt to a medium pot of boiling water. Add the pasta, stir occasionally so that it doesn't stick together. Cook to your liking. (Note 1)
 2. While the pasta is cooking, melt the butter over low – medium heat in a small – medium frypan.
 3. Add the sliced bacon and mushrooms and sauté until they have softened (roughly 5 minutes). Turn the heat off.
 4. Once the pasta is cooked, drain. Reserve some of the cooking liquid. Transfer the pasta into the frypan with bacon and mushrooms. (Note 2)
 5. Add the lightly beaten eggs to the mixture and stir through until all the pasta is coated. Season to taste.
 6. Sprinkle with parmesan cheese and finely chopped parsley. Serve immediately with your favourite salad and some crunchy bread.
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Notes

1. I like my pasta to be cooked just a little over, while one of my family members likes it cooked just under. As a rough guide, I suggest boiling for 8-9 minutes and then test it to suit your preference.
2. Add a little cooking water (2 tbsp) with the pasta when transferring to prevent it from sticking together.



The thickness of the bacon and mushrooms when sliced is a matter of preference. I like mine to be on the thin side, making it easier to twirl around a fork. The sauce is created when the eggs are beaten together, and tossed with the hot

pasta, bacon and mushrooms. What you end up with is a glossy silky sauce just made for slurping up those long strands of spaghetti.

Trying to capture the creaminess of the sauce in a photograph was very challenging as it kept slipping through the strands of pasta. I deliberately didn't add parmesan cheese in the photos as it would have made the sauce even harder to see.

Trust me, it's there!!!

Danielle