



pudding Pie

Cookery School

Cookery parties and courses to suit all ages

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Creamy & Healthy Pasta Dish

serves 4

500g dried pasta (any type is fine)
2 Tbsp Low Fat Crème Fraiche
250g Low Fat Yoghurt
1 Small Onion Finely Chopped
200g Mushrooms, sliced
1 tsp chopped parsley
1 tsp chopped thyme
Salt & Pepper
2 Cloves Garlic, finely chopped
200g Lean Bacon (optional)

- Cook the pasta according to the instructions.
- Using an oil spray, I like to use an olive oil one without the chemicals spray a little into a frying pan and heat.
- Add the onions and cook for about 5 minutes or until the onions become translucent.
- If you are using bacon add this to the pan now and cook for a further 5 minutes.
- Add the mushrooms and the garlic and cook for 1 more minute.
- Now add the herbs, crème fraiche and the yoghurt.
- Add the pasta to the sauce.
- Add some salt & pepper and taste, add more if necessary.