



## Pasta and bacon in a cream cheese sauce

Ingredients, (2 portions):

- Mixed pasta shapes, 200g/8oz
- Sunflower oil, 10ml/1dsp
- Lean bacon, fat removed, diced, 2 slices
- Mushrooms, sliced 25g/1oz
- Red pepper, diced, ¼
- Green pepper, diced, ¼
- Yellow pepper, diced, ¼
- Passata, 125ml/¼pint
- Greek yoghurt, low fat, 125ml/¼pint
- Soft cheese, light, 100g/4oz
- Frozen peas, 100g/4oz

Method:

1. read the **entire recipe** first then check, weigh and prepare **all of the ingredients above**.
2. in a separate pan, cook the pasta off until it is **al-dente**. Drain, **carefully**, and flush with **boiling** water.
3. heat the sunflower oil to a **fairly high** heat in a pan then add the bacon, mushrooms and peppers. Keep **turning** so as not to colour too much.
4. after **3 – 4 minutes**, **carefully**, add the passata and yoghurt. Cook for **5 minutes** or until the sauce is **slightly thickened**, **stirring regularly**.
5. now add the soft cheese and mix in the **cooked** pasta and peas. Mix in **thoroughly** and then serve.