

Easy Pasta with Bacon & Peas

Ingredients

1 lb (450g) pasta

1 lb bacon

2 ½ cups frozen peas

3 cloves garlic, minced

¾ cup finely grated parmesan cheese

1/3 CUP PASTA WATER

¼ cup cream

1 stick butter

Salt & Pepper to taste

Method

1. Bring a large pot of salted water to boil and cook pasta according to package directions. Drain, being sure to **SAVE ¼ CUP OF THE PASTA WATER** and set aside.
2. Dice bacon into equal size pieces and cook over medium heat until crispy. Using a slotted spoon, remove from pan set aside over paper towel to drain. Drain fat, leaving **2 TBSP BACON FAT IN PAN FOR THE SAUCE.**
3. Add butter and garlic to the pan and sauté until butter is melted and garlic becomes fragrant.
4. Add peas, **PASTA WATER**, cream and parmesan cheese to pan. Stir until well combined and the cheese has melted.
5. Add pasta and bacon and stir with a silicone spatula until the peas and bacon are evenly distributed throughout the pasta and pasta is even coated in sauce. Season to taste with salt and pepper.
6. Let cook 5 – 10 minutes over low heat, allowing the sauce to thicken.

*For a little extra flavour and loads of nutrients, I like to add 1 TBSP of Nutritional Yeast to the recipe.