

# Pasta Carbonara

Allergens – **Gluten**, **Milk**, **Celery**

## Ingredients

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Quantity	Ingredient
1kg	Thin Honey Roast Ham
150g	<b>Margarine</b>
150g	<b>Plain Flour</b> (contains <b>Wheat</b> )
200g	Onions (chopped)
15g	<b>Chicken Bouillon Knorr</b> (contains <b>Celery</b> )
1 ltr	Water
1.5 ltr	<b>Semi-Skimmed Milk</b>
400g	<b>Tagliatelle Pasta</b> (contains <b>Wheat</b> )



Vegetable and/or accompaniment is provided based on the current menu

## Method

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1. Sauté the chopped onions.
2. Cook the tagliatelle to al dentè, drain and refresh.
3. Make a roux sauce with the margarine, flour, milk and stock.
4. Combine the sauce, tagliatelle and sliced ham.
5. Transfer into serving tins and heat in the oven to the required 63°C serving temperature.

### Nutritional Content per 100g portion

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 139.4	= 5.2	= 1.55	= 2.8	= 0.22	= 14.5

**Portion size** - Primary – 180g