

Spaghetti, bacon and mushroom sauce

Susan Alsembach

I really love this meal in the autumn, it is a quick easy option when you are not sure what to cook.

It has so much flavour and is an all-round family favourite and it really does not take long to make!

You can also add some grated Parmesan cheese on top for a little more of a creamy texture.

Enjoy,

Susan

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7 ingredients · 20 minutes · 4 servings



Directions

1. Heat a large saucepan of water and bring it to the boil. Once the water is boiling add the pasta and cook as directed.
2. Wipe the mushrooms clean and chop them into thin slices. Add them to a frying pan and cook on medium heat, until they have sweated (about 5 min). Once cooked remove from heat and store on a plate.
3. In the same frying pan, cook the bacon for about 10 minutes until slightly crispy. Remove from heat and use a paper towel to absorb the fat.
4. Wipe the frying pan down and cook the onions and garlic for about 5 minutes. Then add the bacon, mushrooms and coconut cream.
5. Once the spaghetti is cooked, strain and rinse it before returning it to the saucepan. Then add the mushroom and bacon sauce, mix well and serve with some grated parmesan cheese.

Notes

Practical

The sauce can be made the day before and gently heated the following evening.

Ingredients

- 450 grams** Brown Rice Spaghetti
- 1 can** Organic Coconut Milk (Use just the cream and keep the liquid milk for smoothies or other sauces.)
- 1/2 package** Organic Bacon (cut into small pieces)
- 300 grams** Cremini Mushrooms
- 1** Yellow Onion (chopped)
- 1** Garlic (chopped)
- 100 grams** Parmigiano Reggiano (grated)