



Growing Together

GROW, COOK, EAT, SHARE.

Make your own... Carbonara

Ingredients:

- ✓ 100g Quorn ham slices
- ✓ 100g mushrooms, sliced
- ✓ 2 tbsp olive oil
- ✓ 2 shallot, finely chopped
- ✓ 2 garlic cloves, crushed
- ✓ 2 tbsp plain flour
- ✓ 400ml soy milk
- ✓ 5g flat leaf parsley, chopped
- ✓ 300g linguine
- ✓ Salt
- ✓ Pepper
- ✓ Extra parsley to garnish

Recipe and video created by

**Vegetarian
for Life**



Instructions:

1. Heat 1tbsp olive oil in a pan over a medium heat. Add the mushroom and fry until soft. Remove from the pan and set to one side.
2. Add the remaining olive oil to the pan, then add the shallots and fry for 3 minutes.
3. Add the garlic and cook for 1 minute.
4. Add the plain flour, stir well to coat and cook for 1 minute.
5. Slowly add the soy milk to the pan whisking to avoid lumps. Bring to the boil and reduce to sauce consistency. Lower the heat and add the Quorn Smoky Vegan Ham and the fried mushrooms, stirring gently to warm through.
6. Set to one side, season to taste with salt and pepper and add chopped parsley.
7. Cook the linguine as per pack instructions, drain and add to the sauce tossing to coat.
8. Divide into serving bowls and garnish with extra parsley.



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