



**KETO TAGLIATELLE WITH
PEA SAUCE AND HAM**

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Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
212 kcal
13g Fats
18g Carbs
17g Protein



WHAT YOU NEED

- 3 zucchinis
- 1 onion, chopped
- 5 cups (400g) chestnut mushrooms, sliced
- 1 tsp. coconut oil
- 3 cups (450g) of garden peas, frozen
- 1 vegetable stock tablet
- $\frac{2}{3}$ cup (150ml) of hot water
- 5 oz. (140g) bacon, cut into pieces
- $\frac{1}{2}$ cup (125ml) of soy cooking cream

WHAT YOU NEED TO DO

Wash and spiralize the zucchinis, then set aside.

Meanwhile, chop the onion and cut the mushrooms into slices. Heat the oil in a frying pan and fry the onion for 2 minutes.

Then add the garden peas and cook for another 2 minutes. Crumble in the bouillon tablet and add the hot water. Bring to a boil and cook the garden peas for 4 minutes until done.

Heat another dry frying pan and fry the bacon for 5 minutes, increase the heat and add the mushrooms, cook for another 5 minutes.

Take the garden peas from the heat and stir in the cream. Puree with the hand blender into a smooth sauce, then return to the pan. Season with pepper and salt. Add the zucchini to the sauce and heat up for 2-3 minutes.

To serve, divide the zucchini between plates and top with the ham and mushrooms.

NOTE:

- replace zucchini with whole-wheat pasta if not on a low-carb diet