

Chicken Carbonara

5 portions

25gm Margarine

25gm Flour

1 Pint Milk

250gm Grated Cheese

Pinch Black Pepper

1 tsp Mustard

600gm Diced Chicken

400gms Spaghetti

Method

1. Lightly fry the diced chicken in a little oil.
2. Melt the butter and then mix in the flour.
3. Slowly add the milk and mix to a smooth sauce.
4. Add the mustard and pepper, and then add the chicken to the sauce.
5. Cook the spaghetti in boiling water, drain and add to the chicken.

