



SWEET POTATO CARBONARA

- 1 onion, finely chopped (diced or sliced)
- 1 clove garlic, finely chopped
- 4 rashers lean bacon, finely chopped
- 1 cup mushrooms (button or flat), sliced
- 4 eggs
- 1 teaspoon vinegar
- 1 large sweet potato, peeled and made into strands either using a spiroolizer or by hand
- Pinch salt
- Grated parmesan

Add oil to fry pan on high heat, and brown the onion and garlic until cooked through.

Add the bacon and mushrooms to the fry pan and cook for a further 3-4 minutes. Then remove pan from heat.

Bring a small pot of water to the boil and add the vinegar and create a whirlpool using a wooden spoon – turn the heat to medium – and crack an egg into the centre and carefully move to the side – repeat with remaining eggs.

Cook for around 3 mins and remove from pot with a slotted spoon and place on paper towel.

In another pot bring water to boil and add a pinch of salt and splash of oil – add the sweet potato and cook for around 30 seconds – then drain and run under cold water for a few seconds – drain again.

Combine the bacon mix with the sweet potato and add some more oil to taste, and toss well.

Plate up and top each serving with an egg, and some grated parmesan.

** NOTE – could also use standard potato, swedes, turnips in place of sweet potato.