



# French beans alla carbonara

From Phase 2

Serves 4

## Ingredients:

- 1 kg (2 lb 3 oz) fresh young French beans, trimmed
- 2 teaspoons margarine (low fat)
- 120 g (4 oz) smoked ham
- 2 egg yolks
- 4 tablespoons low-fat crème fraîche
- Pepper, grated nutmeg

## Preparation:

Steam the French beans, keeping them « al dente ».

Cut ham into thin strips.

Melt the margarine in a frying pan, add ham and fry it for 5 min on low heat.

Add 3 tablespoons of crème fraîche and heat for 2 min on low heat. Add pepper and a little grated nutmeg.

In a salad bowl, beat egg yolks with the remaining tablespoon of cream. Add salt.

Warm a serving dish.

Drain the beans. Put them in the warmed serving bowl; cover.

Add the contents of the frying pan to the egg-cream mixture, stir.

Pour this sauce onto the beans and serve immediately.



### What is “al dente”?

Pasta cooked so as to be firm when eaten.