

Butternut squash Carbonara

Olive oil

Onion

Butternut squash peeled and diced

Garlic

Fresh thyme

Spaghetti

Eggs

Parmesan cheese

Fry the onion until softened, add the squash and cook for 8-10 mins until lightly golden and the garlic and thyme and cook for a further 30 secs

Cook the pasta, drain and add the squash mix, keep on a low heat

Add half of the parmesan into the beaten eggs and add to the pasta mix and remove from the heat, sprinkle with remaining cheese and serve.