**Creamy ham and cheese carbonara with lashings of vegetables**

You can also just add vegetables and enjoy as a vegetarian dish

Ingredients:

Onion

Ham

Garlic

Kale

Carrot

1 cup of milk

1 teaspoon of cornflour

Cheese

Broccoli

Cherry tomatoes

Pasta of choice

Sunflower oil

Method:

1/ add 1 x tablespoon of sunflower oil to wok or fry pan then slice and add the onion. Gently heat.

2/ peel and slice the carrot, place in glass bowl of water then heat in microwave for 5 minutes.

3/ peel and chop the garlic then add to onions.

4/ remove carrots from microwave then add to saucepan.

5/ chop broccoli and kale then add to glass bowl of water before heating in microwave for 3 minutes.

6/ add kale and broccoli to saucepan and stir.

7/ chop sliced cooked ham then add to saucepan.

8/ continue to simmer all ingredients. (optional)

9/ place pan of water on heat then add choice of pasta and heat.

10/ add sliced cherry tomatoes to the saucepan and continue to simmer for a few minutes.

11/ add 1/2 teaspoon of cornflour to 1 cup of milk, stir then add to saucepan.

12/ grate and add 4 tablespoons of cheese to the saucepan.

13/ remove pasta from the heat then drain and add the cooked pasta to the saucepan.

14/ gently stir all ingredients then serve with a sprinkling of cheese.