

LOW CARB EGG FETTUCINE

Fast, easy and tasty banting pasta.

An easy to bake recipe straight from the oven in 30 minutes.

INGREDIENTS

2 Eggs

30g Cream Cheese

Pinch Salt

METHOD

Pre-heat your oven to 160C. Beat all the ingredients together until blended.

Grease and line a square brownie pan 20x20, but no larger than 22cm square.

Pour the batter into the pan. It will form a very thin layer.

Bake for 8 minutes.

Allow to cool for 5 minutes before lifting it out of the pan with the aid of the baking paper.

Gently loosen it from the paper with a spatula.

Roll it up like a swiss roll and slice into thin slices.

During this time, the fettuccine will have cooled down.

Reheat it by drizzling with a little olive oil and popping it in the microwave for a few seconds before adding your sauce.

Serve with your choice of sauce.