



**Alström Syndrome UK**  
Strength for today, hope for the future

**Stay Fit, Stay Healthy, Stay Happy**

**Simmie's  
Creamy Ham and Mushroom  
Farfalle Pasta**



**Preparation Time**  
**10 minutes**

**Cooking Time**  
**20 minutes**

**Serves 2**

[www.alstrom.org.uk](http://www.alstrom.org.uk)

## What will I need?

|                                     |  |
|-------------------------------------|--|
| Low-calorie cooking spray           | 100g frozen peas                                 |
| 1 large onion, chopped              | 100g fat-free natural Greek yogurt               |
| 250g closed-cup mushrooms, sliced   | 150g lean ham, chopped with visible fat removed, |
| 2 garlic cloves, crushed            | 1 tablespoon fresh parsley, chopped              |
| 1 chicken stock cube or 1 stock pot | 1 tablespoon fresh chives, chopped               |
| 200g dried farfalle pasta           |  |

## What will I need to do?

1. Spray a non-stick frying pan with low-calorie cooking spray and place over a medium heat.
2. Add the onion and mushrooms and fry for 10 minutes or until the water from the mushrooms has evaporated.
3. Add the garlic, stock cube and 300ml boiling water, simmer for 5 minutes.
4. Meanwhile, cook the pasta according to the pack instructions. Add the frozen peas 2 minutes before the end of the cooking time.
5. Drain the pasta and peas and return to the pan, reserving 4-5 tablespoons of the cooking water.
6. Add the mushroom mixture to the pasta along with the yogurt, ham and herbs, stir well.
7. Add the reserved cooking water until the sauce is the desired thickness.
8. Season to taste and serve hot.

### Top Tips

**If you would like a meat-free option, leave out the ham or replace with Quorn pieces and choose a vegetable stock cube.**

**Not keen on peas? Try replacing with sweetcorn.**

**There are lots of stock cubes available, including low salt varieties.**

**There are also lots of different pastas, why not experiment to find your favourite?**