



## Issue 4's Cheap & Easy Recipe - found at [bbcgoodfood.com](http://bbcgoodfood.com)

**Super smokey bacon & tomato spaghetti** - Serve your pasta with a budget-busting tomato and paprika sauce. It's a healthy choice to boot.

**Ingredients:** 400g spaghetti, 1 tbsp olive oil, 120g smoked streaky bacon, sliced into matchsticks, 1 onion finely chopped, 1 garlic clove finely chopped, 2 tsp sweet smoked paprika, 2 x 400g cans chopped tomatoes and grated parmesan.



### Method

1. Bring a large pan of water to the boil and cook the spaghetti following pack instructions. Meanwhile, heat the oil in a large non-stick frying pan and cook the bacon for 3-4 mins until just starting to crisp. Stir in the onion and cook for another 3-4 mins, then add the garlic and smoked paprika, and cook for 1 min more.
2. Pour in the chopped tomatoes, bring to the boil and bubble for about 5 mins until thickened, stirring every so often to stop it catching on the bottom. Drain the pasta and toss with the sauce. Serve with Parmesan, if you like.

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
500	12g	3g	80g	11g	7g	20g	1.2g

### Surgery information

Telephone: 01724 292000

Monday 8am - 8pm

Tuesday 8am - 8pm

Wednesday 8am - 8pm

Thursday 8am - 8pm

Friday 8am - 8pm

Saturday 8am - 8pm

Sunday 10am - 2pm

Every 2nd Wednesday of the month we are closed 1pm - 6:30pm for staff training.

Practice Manager: Nicola Glen

Lead General Practitioner - Dr A Nayyar

### Don't just miss your appointment

If you are unable to attend your appointment then please contact the surgery and let us know.

Last month 151 appointments were left unattended and this was value time that could have been given to another patient who needed to see a Health Professional.

**Wasted appointments in March 2018**

**151**

**Appointment time wasted in March 2018**

**34.2 hours**