



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Free-range eggs


Free-range eggs are nutritional powerhouses! They contain very high quality protein, and iron, as well as an abundance of vitamins and minerals!



3 Spaghetti Carbonara with Crispy Bacon

Traditional carbonara sauce (with added vegetables!) made with parmesan cheese and free-range eggs, tossed in the pan with crispy bacon and fresh thyme.

 20 minutes

 2 servings

 Pork

5 October 2020

Strip it back!

Enjoy the traditional carbonara without the added zucchini and mushrooms if you prefer! Serve with a simple side salad instead!

FROM YOUR BOX

LONG PASTA	250g
FREE-RANGE EGGS	2
GRATED PARMESAN CHEESE	1/2 packet (50g) *
BACON	1 packet (100g)
BROWN ONION	1/2 *
COURGETTES	2
MUSHROOMS	100g
OREGANO	1/2 packet *
ALFALFA SPROUTS	1/3 punnet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

When cooking long pasta, make sure to stir occasionally to ensure pasta don't stick together.

Grate courgettes if preferred. Add 1 crushed garlic clove for extra flavour.

No pork option – bacon is replaced with turkey. Add turkey with onion and zucchini, step 4.

No gluten option – pasta is replaced with GF pasta.

Veg option – Bacon is replaced with green pitted olives. Serve as a topping or add to pan with onion and zucchini at step 4 (halve or chop if preferred). Add 1/2 tsp dried oregano for added flavour.



1. BOIL THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions (see notes) or until cooked al dente. Drain and reserve 1/4 cup pasta water (continue step 5).



2. WHISK EGGS & PARMESAN

Whisk 2 eggs with parmesan cheese, season well with **pepper** to taste.



3. COOK THE BACON

Heat a large frypan with **oil** over medium-high heat. Slice and add bacon, cook until crispy.



4. ADD THE VEGETABLES

Slice onion, courgettes and mushrooms (see notes). Add to the pan with 1/4 packet oregano leaves. Cook for 4–5 minutes or until softened.



5. DRAIN & STIR IN PASTA

Once drained, toss pasta straight into pan with vegetables. Toss together, making sure it is all piping hot. Take off heat, fold in the egg mixture and **1/4 cup pasta water**. Stir until creamy and well combined.



6. FINISH AND SERVE

Adjust seasoning with **salt and pepper** to taste. Serve carbonara at the table and top with fresh oregano leaves and alfalfa sprouts.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

