



DINNER TWIST
LOCAL, HEALTHY, DELIVERED

for the
little ones



ORANGE
& AVO

SPAGHETTI, SAUCE &
PIECES OF BACON



SPAGHETTI CARBONARA

A classic spaghetti carbonara sauce made with free-range eggs, bacon and parmesan cheese – creamy and delicious!



25 MINUTES



4/6 SERVINGS



PORK

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	32g	54g

FROM YOUR BOX

	4 PERSON	6 PERSON
FREE-RANGE EGGS	6-pack	6-pack
PARMESAN CHEESE	1 bag	2 bags
SPAGHETTI	500g	2 x 500g
BABY COS LETTUCE	1	2
ORANGES	1	2
AVOCADO	1	1
BROWN ONION	1	2
STREAKY BACON	200g	100g + 200g
GARLIC CLOVES	2	3

FROM YOUR PANTRY

oil for cooking, salt, pepper, oregano

COOKING TOOLS

large frypan, large saucepan

You can make a tomato, bacon and onion pasta sauce instead if you prefer by adding a jar of sugo at step 4. Top with parmesan.

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.

No gluten option – pasta is replaced with GF pasta.



1. WHISK EGGS & PARMESAN

Bring a large saucepan of water to a boil (for the pasta).

Whisk **3 eggs** with **75g parmesan cheese**. Season well with **pepper** to taste.

6P - whisk 4 eggs with 100g parmesan cheese.



2. COOK THE SPAGHETTI

Add **pasta** and cook according to packet instructions or until cooked al dente. Drain and reserve **1 cup pasta water** (see step 5).

6P - cook 1 1/2 packet pasta, reserving 1 1/2 cup pasta water.



3. PREPARE THE SIDE VEGGIES

Meanwhile, separate or wedge **lettuce**. Cut **oranges** into wedges and slice **avocado**. Arrange on a serving plate.

tip You can peel and slice the orange instead if you prefer!



4. COOK THE BACON & ONION

Heat a frypan with **oil** over medium-high heat. Dice **onion** and **bacon**, add to pan with **crushed garlic** and **2 tsp oregano**. Cook for 5 minutes.

6P - use 3 tsp dried oregano.

tip Use scissors to cut bacon in strips straight into the pan!



5. DRAIN & STIR IN SPAGHETTI

Once drained, add **pasta** straight into pan with **bacon**. Toss together, making sure it is all piping hot. Take off heat, fold in the **egg mixture** and **3/4 cup pasta water**. Stir until creamy and well combined. Season with **salt and pepper** to taste.

6P - use 1 cup pasta water.



6. FINISH AND SERVE

Serve **carbonara** right away at the table with extra **parmesan cheese** to taste and **vegetables** on the side.