

for the
little onesORANGE
& AVOSPAGHETTI, SAUCE &
PIECES OF HAM

SPAGHETTI CARBONARA

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



25 MINUTES



4 SERVINGS



PORK

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FROM YOUR BOX

FREE-RANGE EGGS	6-pack
PARMESAN CHEESE	1 bag
SPAGHETTI	500g
GEM LETTUCE	3-pack
ORANGES	2
AVOCADO	1
BROWN ONION	1
HAM	180g
GARLIC CLOVES	2

FROM YOUR PANTRY

oil for cooking, salt, pepper, oregano

COOKING TOOLS

large frypan, large saucepan

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

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as 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.



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).

tip Stir a few times to ensure the pasta doesn't stick together while cooking.



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 HAM & ONION

Heat a large frypan with **oil** over medium-high heat. Dice onion and ham, add to pan along with crushed garlic and **1-2 tsp oregano**. Cook for 5 minutes.

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



5. DRAIN & StIR in SPAGHETTI

Once drained, add pasta straight into pan with ham. 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. Take off heat.



6. fINISH AND SERVE

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