



Product Spotlight: Free-range eggs

Did you know you can add crushed egg shells straight to the soil in your garden? While it might not help this season's plants it will help add calcium directly to the soil as the shells decompose.



Classic Carbonara

Long pasta tossed with a classic carbonara sauce made with free-range eggs, ham and parmesan cheese – creamy and delicious!



25 minutes



2 servings



Pork

Switch it up!

You can switch the creamy sauce for a tomato sugo or pesto if preferred! Grate and add the carrot to the vegetables to cook and save the eggs for breakfast!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	32g	101g

FROM YOUR BOX

LONG PASTA	1 packet (500g)
FREE-RANGE EGGS	2
PARMESAN CHEESE	1 packet
BABY COS LETTUCE	1
LEBANESE CUCUMBER	1
CARROT	1
BROWN ONION	1
SMOKED HAM	1 packet
ZUCCHINI	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, dried oregano

KEY UTENSILS

large frypan, saucepan

NOTES

You can dress the salad with a pre-made dressing of choice if preferred.

No gluten option - pasta is replaced with GF pasta.



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1. BOIL THE PASTA

Bring a large saucepan of water to a boil. Add 1/2 packet pasta and cook according to packet instructions or until al dente. Drain and reserve **1/4 cup pasta water** (continue step 5).



2. WHISK EGGS & PARMESAN

Whisk 2 eggs with 1/2 cup parmesan cheese, season well with **pepper** to taste.



3. PREPARE THE SALAD

Roughly chop and rinse lettuce. Ribbon cucumber and carrot using a vegetable peeler. Toss together with **1/2 tbsp vinegar** and **1/2 tbsp olive oil** (see notes). Set aside.



4. COOK THE HAM

Heat a large frypan with **oil** over medium-high heat. Dice onion and ham and add to pan, along with **1/2 tsp oregano**. Grate in zucchini and cook for 5 minutes.



5. DRAIN & STIR IN PASTA

Once drained, add pasta straight to pan with ham. 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. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Serve carbonara with extra parmesan cheese and salad on the side.

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**

