



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 Bacon Carbonara

Long pasta tossed with a classic carbonara sauce made with free-range eggs, bacon 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
	50g	46g	11g

FROM YOUR BOX

LONG PASTA	1 packet
FREE-RANGE EGGS	6-pack
PARMESAN CHEESE	1 packet
BABY COS LETTUCE	1
LEBANESE CUCUMBER	1
CARROT	1
BROWN ONION	1
BACON	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 cooked 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 leaves. 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 BACON & ZUCCHINI

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



5. DRAIN & STIR IN PASTA

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 **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.

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