



Product Spotlight: Fresh Corn

Keep your corn in their husks and store in the fridge for up to 5 days. For longer storage, cut off the kernels and freeze in an airtight container.



Fresh Corn Carbonara

A fun twist on classic carbonara, this creamy pasta brings together crispy bacon, sweet corn, and parmesan cheese, all folded through silky eggs, served with fresh basil and a side of broccoli.



30 minutes



Pork



2 servings

Switch it up!

For a more kid-friendly approach at the table, serve this dish deconstructed. Serve pasta in bowls with bacon, broccoli, corn, parmesan cheese and basil separate, that way they can add them as they choose.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	Og	Og	Og

FROM YOUR BOX

STREAKY BACON	100g
GARLIC CLOVE	1
CORN COB	1
FREE-RANGE EGGS	6-pack
PARMESAN CHEESE	1 packet
LONG PASTA	500g
BROCCOLI	1
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

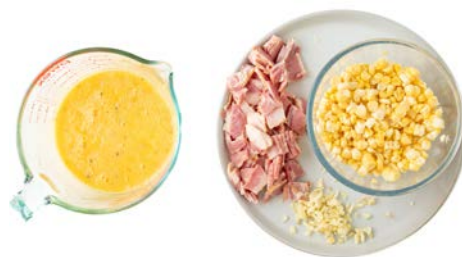
Cook corn kernels with bacon and garlic if preferred. Add a pinch of smoked paprika or chilli flakes to the bacon for extra depth.

Add a squeeze of lemon juice to the pasta to serve for added brightness.

No gluten option – pasta is replaced with GF pasta.



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1. PREPARE THE INGREDIENTS

Bring a saucepan of water to a boil.

Slice **bacon**, crush **garlic** and remove **corn kernels** from cobs. Whisk **2 eggs** with **1/3 packet (approx. 50g) parmesan cheese**. Season well with **pepper**.



4. COOK THE BACON

Reheat frypan over medium-high heat with **oil**. Add **bacon** and **garlic** (see notes). Cook for 5 minutes until bacon is crispy.



2. COOK THE PASTA

Add **1/2 packet pasta** to boiling water. Cook according to packet instructions or until al dente. Reserve **2 cups cooking liquid** and drain pasta.



5. TOSS THE PASTA

Add **1/2 corn kernels**, **drained pasta**, and **1/2 cup cooking liquid** into pan with **bacon**. Toss together, making sure it is all piping hot. Remove from heat, fold in **egg mixture**. Stir until creamy and well combined (add extra cooking liquid as necessary).

Season to taste with **salt and pepper**.



3. COOK THE BROCCOLI

Heat a frypan over medium-high heat with **oil**. Chop **broccoli** into florets. Add to pan as you go. Pour in **1/4 cup water**. Cook, covered, for 3 minutes until broccoli is tender. Remove to a bowl (reserve pan) and season to taste with **salt and pepper**.



6. FINISH AND SERVE

Roughly chop **basil leaves**.

Divide **pasta** among shallow bowls (see notes). Add broccoli, top with remaining **corn kernels** and **parmesan cheese**. Garnish with **basil**.

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