



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



4/6 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/Og	Og/Og
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
STREAKY BACON	200g	200g + 100g
GARLIC CLOVES	2	3
CORN COBS	2	3
FREE-RANGE EGGS	6-pack	6-pack
PARMESAN CHEESE	1 packet	1 packet
LONG PASTA	500g	2x 500g
BROCCOLI	1	2
BASIL	1 packet	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 **3 eggs** with **1/2 packet (75g) parmesan cheese**. Season well with **pepper**.

6P – whisk 4 eggs with 2/3 packet parmesan cheese.



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

6P – add 1 1/2 packets pasta to boiling water.



5. TOSS THE PASTA

Add **1/2 corn kernels**, **drained pasta**, and **1 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**.

6P – add 1 1/2 cups cooking liquid.



3. COOK THE BROCCOLI

Heat a large frypan with **oil** over medium-high heat. Chop **broccoli** into florets and add to pan as you go. Add **1/4 cup water** cover and cook for 3 minutes until tender. Remove to a bowl, season with **salt and pepper**, and reserve pan.

6P – add 1/2 cup water to pan.



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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