

**Product Spotlight:**
Basil

If you are left with a small amount of fresh basil after cooking this dish, don't throw it away! You can finely chop the leaves, pop into an ice-cube tray with olive oil and freeze. Defrost and add to a frypan before sautéing vegetables, or add to your



Spring Vegetable Spaghetti Carbonara

with Crispy Zucchini

Creamy egg and parmesan cheese spaghetti carbonara, served with sautéed spring vegetables, hazelnuts, crispy zucchini and fresh basil.



30 minutes



2 servings



Vegetarian

Switch it up!

Switch the carbonara for pesto! Blend basil, hazelnut, lemon zest and juice and 1/2 packet parmesan cheese. Toss through spaghetti and serve with boiled, poached or fried egg on top.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	56g	34g	105g

FROM YOUR BOX

LONG PASTA	1 packet
ZUCCHINI	1
ASPARAGUS	1 bunch
LEMON	1
GARLIC CLOVE	1
FREE-RANGE EGGS	6-pack
PARMESAN CHEESE	1 packet
HAZELNUTS	20g
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

If you have a mandolin, you can use it to thinly slice the zucchini before slicing into strips.

Use 3 whole eggs, or 2 whole eggs and 4 egg yolks for a richer carbonara. Leftover egg whites can be refrigerated and used to make meringue, add to pet food, etc

Add cooking liquid 1/2 cup at a time, tossing in between to check if it is enough to loosen the pasta and egg mix.

No gluten option – pasta is replaced with GF pasta. Cook according to packet instructions or until al dente.



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add 1/2 packet pasta and cook according to packet instructions or until al dente. Reserve **1 1/2 cups cooking liquid**. Drain pasta (see step 5).



2. PREPARE THE INGREDIENTS

Cut the zucchini into thin discs (see notes), place discs on top of one another, and cut into strips. Trim and halve asparagus, zest lemon (wedge remaining) and crush garlic. Crack 3 eggs into a bowl. Add 1/2 packet parmesan, **salt and pepper**. Whisk to combine.



3. CRISPY ZUCCHINI

Heat a large frypan over medium-high heat with **3 tbsp oil**. Allow the oil to heat up, then add zucchini strips. Cook for 3-5 minutes until golden and crispy. Remove to a lined plate and season with **salt and pepper**. Keep pan over heat for step 4.



4. COOK THE VEGETABLES

Add garlic, asparagus and lemon zest to pan. Cook for 2-4 minutes until vegetables are tender. Season to taste with **salt and pepper**.



5. TOSS THE PASTA

Add **1/2 cup cooking liquid** to saucepan then add drained pasta. Add egg mix and **1/2-1 cup cooking liquid** (see notes). Toss continuously until pasta is well coated. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Roughly chop hazelnuts and basil leaves. Divide pasta among shallow bowls. Top with vegetables. Garnish with crispy zucchini, hazelnuts and basil. Serve with lemon wedges and extra parmesan.

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**

