



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Basil

Got leftover basil? Finely chop the leaves, freeze in olive oil in an ice-cube tray, then add to veggies in the pan or toss into your next roast.



## 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



4/6 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.*

|             | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|-------------|---------|-----------|---------------|
| Per serve   | 26g/22g | 20g/18g   | 64g/53g       |
| 4/6 Person: |         |           |               |

## FROM YOUR BOX

|                 | 4 PERSON | 6 PERSON  |
|-----------------|----------|-----------|
| LONG PASTA      | 1 packet | 1 packet  |
| ZUCCHINI        | 1        | 1         |
| SNOW PEAS       | 150g     | 2 x 150g  |
| ASPARAGUS       | 1 bunch  | 2 bunches |
| LEMON           | 1        | 1         |
| GARLIC CLOVES   | 2        | 2         |
| FREE-RANGE EGGS | 6-pack   | 6-pack    |
| PARMESAN CHEESE | 1 packet | 1 packet  |
| HAZELNUTS       | 1 tub    | 2 tubs    |
| BASIL           | 1 packet | 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 cutting into strips.

Use 3 whole eggs, or 2 whole eggs and 4 yolks for a richer carbonara. Leftover whites can be chilled for meringue or added to pet food.

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

**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 **pasta** and cook according to packet instructions or until al dente. Reserve **2 cups cooking liquid**. Drain **pasta** and return to saucepan.



### 2. PREPARE THE INGREDIENTS

Slice **zucchini** into discs, stack and cut into strips. Trim **snow peas**, halve **asparagus**, zest **lemon** and crush **garlic**.

Crack **3 eggs** into a bowl, add **1/2 packet parmesan**, **salt** and **pepper**, then whisk.



### 3. CRISP THE ZUCCHINI

Heat a large frypan over medium-high heat with **3 tbsp oil**. Once hot, add **zucchini strips** and cook 3–5 minutes until golden and crispy. Remove to a plate lined with paper towel, season with **salt** and **pepper**. Keep pan over heat for step 4.



### 4. COOK THE VEGETABLES

Add **garlic**, **snow peas**, **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 **1-1 1/2 cups 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**. Cut **lemon** into wedges.

Divide pasta among bowls, top with **vegetables**, and 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**

