

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Asparagus

Prepare the asparagus by bending the spear until it snaps. This is where tough stalk meets tender spear. Store in the fridge upright, in a glass jar with a little water.



3 Spaghetti Carbonara

Traditional carbonara sauce made with parmesan cheese and free-range eggs, tossed in the pan with crispy bacon and served with fresh asparagus.

 20 minutes

 2 servings




 Pork

1 October 2021

Back to basics!

*Enjoy the traditional carbonara without the added zucchini and asparagus if you prefer!
Serve with a simple side salad instead!*

FROM YOUR BOX

SPAGHETTI	1 packet (250g)
ASPARAGUS	1 bunch
FREE-RANGE EGGS	2
GRATED PARMESAN CHEESE	1 cup *
BACON 	1 packet (100g)
SPRING ONIONS	3
ZUCCHINI	1
 BABY CAPERS	1 jar (100g)
 BABY SPINACH	1 bag (60g)

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 garlic clove

KEY UTENSILS

large frypan, large saucepan

NOTES

When cooking long pasta, make sure to stir occasionally to ensure pasta doesn't stick together.

No pork option - bacon is replaced with turkey. Add turkey with onion and zucchini in step 4.

No gluten option - pasta is replaced with GF pasta.

 **VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.**



1. BOIL THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions (see notes) or until cooked al dente.

Trim and halve asparagus. Add to boiling water for 2 minutes then remove. Drain pasta and reserve **1/4 cup pasta water** (see step 5).




2. WHISK THE EGGS

Whisk 2 eggs with 1/2 cup parmesan cheese, season well with **pepper** to taste.



3. COOK THE BACON

Heat a large frypan with **oil** over medium-high heat. Slice and add bacon, cook until crispy.

 **VEG OPTION - Heat a frypan with oil over medium-high heat. Add drained capers and cook for 5 minutes until slightly crispy. Remove to a bowl.**



4. ADD THE VEGETABLES

Slice spring onions and grate zucchini. Add to pan with **1 crushed garlic clove**. Cook for 4-5 minutes or until softened.

 **VEG OPTION - Cook as above, adding baby spinach to wilt toward the end.**



5. TOSS IN THE PASTA

Once drained, toss pasta straight into pan. Toss together, making sure it is all piping hot. Take off heat, fold in egg mixture and **1/4 cup pasta water**. Stir until creamy and well combined.



6. FINISH AND SERVE

Adjust seasoning with **salt and pepper**. Divide pasta among bowls. Top with asparagus and remaining parmesan cheese to taste.

 **VEG OPTION - Serve as above, scatter with crispy capers.**

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