

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

 4 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 (500g)
ASPARAGUS	1 bunch
FREE-RANGE EGGS	3
GRATED PARMESAN CHEESE	1 cup *
BACON 	1 packet (250g)
SPRING ONIONS	3/4 bunch *
ZUCCHINI	1
 BABY CAPERS	1 jar (100g)
 BABY SPINACH	1 bag (120g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, 2 garlic cloves

KEY UTENSILS


large frypan, 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 large 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. Blanch in boiling water for 2 minutes. Drain pasta and reserve **1/2 cup pasta water** (see step 5).




2. WHISK THE EGGS

Whisk 3 eggs with 3/4 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 **2 crushed garlic cloves**. 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 **1/2 cup pasta water**. Stir until creamy and well combined.



6. FINISH AND SERVE

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

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

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