

RECIPE

Carbonara Pasta



NOURISH
FOOD SCHOOL

RECIPE

Carbonara Pasta

SERVES
4 servings

LEVEL
Easy

TIME
30 minutes

INGREDIENTS

250g spaghetti pasta
1 bunch of fresh basil (about 20g)
100g bacon (or cooked ham), chopped into small pieces
4 eggs, yolk only
40g parmesan cheese, finely grated
50ml milk (any kind)
Black pepper

HOW TO MAKE IT

1. Prepare the bacon, eggs and parmesan cheese as described in the ingredients list.
2. Bring a large saucepan of water to the boil with a good pinch of salt.
3. Add the pasta, allow to soften into the water, stir once then leave to cook for around 10 minutes
4. Mix the parmesan cheese and milk with the egg yolks in a bowl using a fork then leave to one side for later.
5. Whilst the pasta cooks...pick the leaves from the basil and put to one side. Then finely chop the stalks.
6. Heat a large frying pan on a medium heat with a splash of olive oil.
7. Fry the bacon and basil stalks until the bacon is crispy, stirring every now and again.
8. When the bacon is crispy and the pasta is cooked - use tongs (or a pasta spoon) to lift the pasta from the water and into the frying pan with the bacon. Give it a good mix.
9. Turn the heat off for the pans, then add the egg mixture to the frying pan stirring well. The heat of the pan will cook the eggs and make a glossy sauce - if the pans on the heat still it will be too hot and you'll end up with scrambled egg instead of a sauce coating your pasta.
10. Finally stir the basil leaves into the pasta then you're ready to serve!

Serve your pasta with a green salad on the side, a little slice of garlic bread and a sprinkling of parmesan and black pepper on the top!