

Cream-less Carbonara



Serves

4-6

Cooking time



Veg per serve



2



Swap ham for other protein such as chicken or leave out for a vegetarian option.



Ingredients

250g pasta
(fettuccine, linguine
or spaghetti)
1 brown onion
1 clove garlic
6 mushrooms
2 cups spinach
leaves

Small bunch fresh
parsley (leaves only)
1 zucchini
100g parmesan
cheese
200g ham
4 large eggs (at
room temperature)
Pepper

Equipment

Frypan and lid
Jug
Tongs
Strainer
Chopping board
Knife
Grater
Whisk
Small bowl
Spatula



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How to make it



1. Turn frypan onto medium heat, add 8 cups of water and cover with lid. Once water is boiling, add pasta and cook for 8-10 minutes, stirring occasionally. Drain pasta and set aside.



2. Finely slice onion, garlic, mushrooms, spinach and parsley. Grate zucchini and parmesan cheese. Cut ham into small pieces.



3. Whisk eggs together in a bowl. Add $\frac{3}{4}$ of parmesan cheese, $\frac{1}{2}$ parsley and pepper and stir to combine. Set aside.



4. Spray frypan with oil and turn onto a medium heat. Add onion and ham and cook until onion is soft. Add garlic, mushrooms, spinach, zucchini and pasta and stir until heated through.



5. Turn heat to low, add egg mixture and stir continuously with spatula until creamy. Serve carbonara topped with remaining parmesan and parsley.



nom!