



EASY SPAGHETTI CARBONARA

with Spinach, Courgette & Toasted Pine Nuts



Make a creamy carbonara sauce



Red Onion



Courgette



Garlic



Bacon



Grated Parmesan
Cheese



Spaghetti



Pine Nuts



Baby Spinach
Leaves

Hands-on: **30** mins
Ready in: **35** mins

A strict carbonara requires only eggs, bacon, pepper, Parmesan and a little olive oil. Of course, once you know the rules of Italian cooking, you can break them! That's exactly what we're doing tonight with our addition of vibrant green spinach and toasted pine nuts for an irresistible crunch.

Pantry Staples: Olive Oil, Eggs

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** • **large frying pan**



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. **TIP:** Put a lid on the saucepan to help the water boil faster! Thinly slice the **red onion**. Cut the **courgette** into 1cm chunks. Finely chop the **garlic** (or use a garlic press). Cut the **bacon** into 1cm pieces.



2 COOK THE SPAGHETTI

Add the **spaghetti** (see ingredients list) to the saucepan of boiling water and cook for **9 minutes**, or until 'al dente'. **TIP:** Stir the pasta occasionally to ensure it doesn't stick. Reserve some **cooking water (1 cup for 2 people / 2 cups for 4 people)**, then drain the pasta and return to the saucepan. **Drizzle** with a little **olive oil** to prevent sticking.



3 MAKE THE CARBONARA SAUCE

While the pasta is cooking, whisk the **eggs** with a fork in a medium bowl. Add the **grated Parmesan cheese** (see ingredients list) and season with a **pinch of pepper**. Mix well and set aside. **TIP:** Don't forget to reserve some **Parmesan cheese** for garnish!



4 COOK THE BACON

Heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast, stirring, for **3-4 minutes**, or until golden. Transfer to a small bowl. Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **bacon** and cook for **4-5 minutes**, or until browned. Add the **red onion, courgette** and **garlic** and cook for **4 minutes**, or until softened and fragrant. Add the **baby spinach leaves** and cook, stirring, for **1-2 minutes**, or until wilted. Add the **spaghetti** to the frying pan and toss to coat.



5 ADD THE SAUCE

Remove the pan from the heat and pour in the **Parmesan-egg mixture** and some **reserved cooking water (1/2 cup for 2 people / 1 cup for 4 people)**. **TIP:** Removing the pan from the heat before adding the egg is important to stop the eggs from scrambling. Mix well to combine. Season to taste with **salt** and **pepper**. **TIP:** Customise your dish! If the sauce looks too thick, add a **dash more cooking water** until it has a creamy consistency. Seasoning is key, so taste, season with **salt** and **pepper** and taste again.



6 SERVE UP

Divide the easy spaghetti carbonara between bowls. Sprinkle over the toasted pine nuts and any reserved Parmesan cheese.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
courgette	1	2
garlic	3 cloves	6 cloves
bacon	1 packet	2 packets
spaghetti	¾ packet	¾ packet
eggs*	2	4
grated Parmesan cheese	½ packet (50 g)	1 packet (100 g)
pine nuts	1 packet	2 packets
baby spinach leaves	1 bag (120 g)	1 bag (240 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4010kJ (957Cal)	671kJ (160Cal)
Protein (g)	50.9g	8.5g
Fat, total (g)	44.0g	7.4g
- saturated (g)	16.3g	2.7g
Carbohydrate (g)	86.1g	14.4g
- sugars (g)	12.1g	2.0g
Sodium (g)	1640mg	274mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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