

COURGETTI CARBONARA

Serves 4

Prep time 15 minutes

Cook time 10–15 minutes

Carb count 7 g per serve

INGREDIENTS

For the carbonara:

2 tbsp olive oil

2 onions, finely diced

3 cloves garlic, crushed

3 rashers smoked bacon (streaky works best), chopped

1 punnet (250 g) mushrooms, sliced

1 cup cream

1/4 cup white wine, or chicken stock or water

2 egg yolks

small bunch chives, parsley or tarragon, roughly chopped (the more herbs, the better)

For the courgetti:

4 courgettes

2 tbsp olive oil or butter

To garnish:

a few Parmesan shavings

1 tbsp extra virgin olive oil

METHOD

Heat the oil in a large frying pan over a medium heat. Add the onion and a pinch of salt and cook, stirring occasionally, for 2–3 minutes until starting to soften. Add the garlic, bacon and mushrooms and continue to cook for about 3 minutes until everything has softened. Add the cream and the wine/stock/water, stir and turn the heat down to low to allow the mixture to simmer gently.

Cut the courgettes into noodles with a knife or (ideally) a spiraliser. Grab a frying pan and place it on a high heat and add the oil. Quickly fry the courgettes for 1 minute in the olive oil and remove from the heat. Add the egg yolks to the sauce, stirring constantly, then remove from the heat and continue to stir to ensure that the yolks are thoroughly mixed through. Season to taste with salt and freshly ground black pepper, and stir through the chopped herbs.

To serve, divide the courgetti between serving bowls, piling it up in a small mound in the middle. Spoon over the carbonara sauce, and top with Parmesan shavings, a drizzle of extra virgin olive oil and a twist of black pepper.