

Smoked Salmon Carbonara

with Green Salad

hellóchef

Purists, don't look now! We've swapped cured pork for smoked salmon and added a dash of cream for extra creaminess in this take on the classic!

Cals 946 • Prot 46 • Carbs 108 • Fat 38

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🕒 cook: 20 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Spaghetti	2 ppl	3 ppl	4 ppl	
Smoked Salmon Slices 6*	100	200	200	Grams
Spaghetti 10*	250	375	500	Grams
Salt	1	1	2	Tsp
Grated Parmesan 4*	30	45	60	Grams
Organic Eggs 5*	2	3	4	Piece
Cooking cream 4*	200	200	200	ML
Black pepper	0.5	1	1	Tsp
Salad				
Olive oil	1	1	2	Tbsp
Wholegrain mustard 13*	15	22	30	Grams
Honey	15	15	15	Grams
White balsamic vinegar 14*	15	22	30	ML
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	1	1	Tsp
Cucumber	1	1	2	Piece
Baby gem lettuce	1	2	2	Piece

Allergens

*6 Fish, *10 Wheat, *4 Milk, *5 Eggs, *13 Mustard, *14 Sulphur Dioxide

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3907 / 946
Fat (g)	38.2
of which saturates (g)	19.2
Carbohydrate (g)	108
of which sugars (g)	13.7
Fiber (g)	7.4
Protein (g)	45.8
Salt (g)	1

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil spaghetti

Bring a large pot of salted water to the boil. Once boiling, add the **spaghetti** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain and reserve a cup of **pasta water**.



2 Make dressing

Meanwhile, whisk the **olive oil, mustard, honey** and **balsamic vinegar**. Season with **salt** and **pepper**. Set aside - this is your dressing.



3 Prep

Wash and roughly chop the **cucumber** and **lettuce**. Chop the **smoked salmon** into small pieces. Whisk the **eggs, cream** and Grana **padano** until smooth. Season very generously with **black pepper** and **salt**.



4 Toss salad

In a large bowl, toss the **cucumber** and **lettuce** in the dressing.



5 Toss spaghetti

Return the drained **spaghetti** to the pot. Remove the pot from the heat. Add a splash of **pasta cooking water**, the **smoked salmon** and the **egg-cream** mixture to the pot. Mix well until the sauce coats the **spaghetti**.



6 Serve

Serve the **salmon carbonara** alongside the **salad** while hot.