Smoked Salmon Carbonara

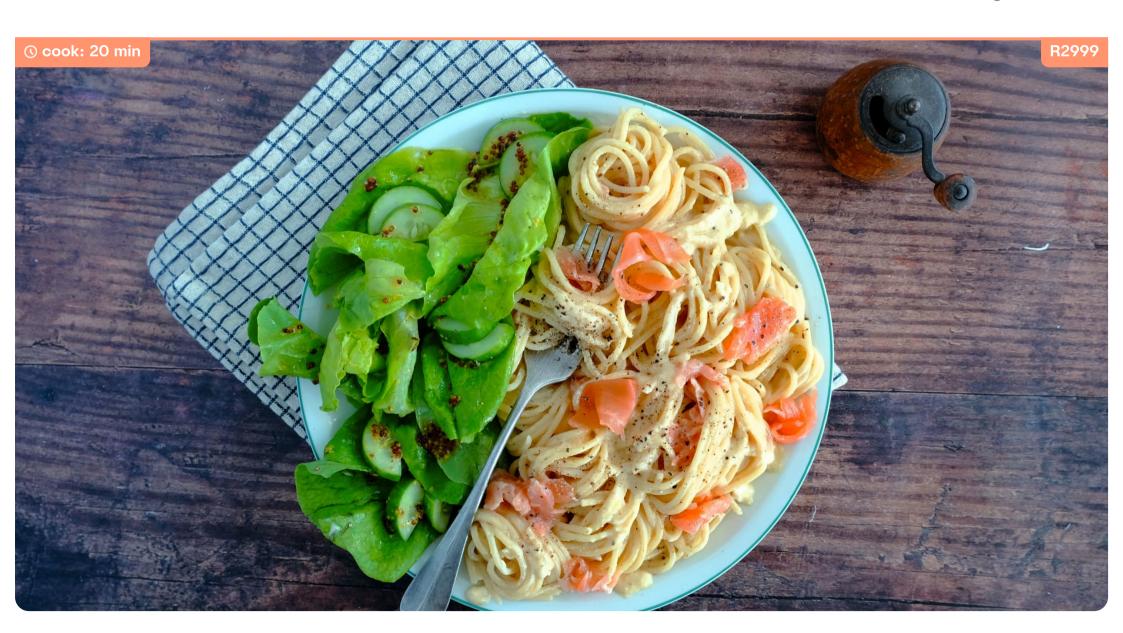
with Green Salad

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!

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Cals 946 • Prot 46 • Carbs 108 • Fat 38

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Before you start

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

Ingredients

3				
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.