

Spaghetti Carbonara

with Beef Bacon and Salad

This Italian classic originates from Rome. Purists look away now, we've added a dash of cream for extra creaminess!

Cals 1121 • Prot 54 • Carbs 115 • Fat 51

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🕒 cook: 20 min

R3093

Before you start

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

Ingredients

Carbonara	2 ppl	3 ppl	4 ppl	
Beef bacon	120	160	160	Grams
Garlic cloves	1	2	2	Piece
Spaghetti 10*	250	375	500	Grams
Water	100	100	200	ML
Organic Eggs 5*	2	3	4	Piece
Cooking cream 4*	100	200	200	ML
Grated Parmesan 4*	30	45	60	Grams
Black pepper	0.5	1	1	Tsp
Salt	0.5	1	1	Tsp
Fresh parsley	15	15	15	Grams
Salad				
Romaine lettuce	200	300	400	Grams
Cherry tomatoes	150	250	300	Grams
Cucumber	1	1	2	Piece
Olive oil	2	3	4	Tbsp
Wholegrain mustard 13*	15	22	30	Grams
Honey	15	15	30	Grams
White balsamic vinegar 14*	15	22	30	ML
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	1	1	Tsp
Kalamata olives	40	60	80	Grams

Allergens

*10 Wheat, *5 Eggs, *4 Milk, *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)	4646 / 1121
Fat (g)	50.8
of which saturates (g)	19.6
Carbohydrate (g)	115
of which sugars (g)	15.4
Fiber (g)	11
Protein (g)	54.3
Salt (g)	4.7

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



1 Fry bacon

Finely slice the **beef bacon**. Peel and mince the **garlic**. Heat a pan over a medium-low heat and add the **beef bacon**. Gently fry for 5–6 min or until the fat has melted and the **beef bacon** is crispy. Add the **garlic** and fry for a final 1 min. Remove the pan from the heat and set aside.



2 Cook pasta

Meanwhile, bring a large pot of 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**.



3 Make sauce

Meanwhile, whisk the **eggs, cream** and **grated Parmesan** until smooth. Season very generously with **black pepper** and **salt**. Set aside.



4 Prep salad

Meanwhile, wash and roughly chop the **lettuce**. Halve the **tomatoes** and slice the **cucumber**. Whisk the **olive oil, mustard, honey** and **balsamic vinegar**. Season with **salt** and **pepper**. Set aside – this is your **dressing**.



5 Finish pasta

Return the drained **spaghetti** to the reserved pan with the **beef bacon**. Add {100/100/200}ml of **pasta cooking water** and the **egg-cream** mixture to the pot. Mix well until the **sauce** coats the **spaghetti**.

Tip! Make sure the pan isn't too hot when you add your sauce, or the egg will scramble!



6 Serve

Toss the **lettuce, tomatoes, cucumber** and **olives** in the **dressing**. Divide the **pasta** among plates. Garnish with the **fresh parsley** leaves and a grind of **black pepper**.