



UCOOK

Knockout Chorizo Carbonara

with green peas & fresh parsley

Carbonara is an absolute classic pasta dish! So let's shake things up a little with delicious pork kassler in the place of bacon, and sprinklings of fresh parsley for a fragrant finish. The humble carbonara is about to get a UCOOK makeover, and we can't wait for you to taste the results!


Hands-on Time: 10 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Quick & Easy

 Leopard's Leap | Pinotage

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Ingredients & Prep

100g	Spaghetti
50g	Sliced Chorizo <i>roughly chopped</i>
50g	Butter
50g	Peas
50ml	Grated Italian-style Hard Cheese
20g	Salad Leaves <i>rinsed</i>
4g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s
Paper Towel

1. SUBLIME SPAGHETTI Boil a full kettle. Fill a pot for the pasta with boiling water, add a pinch of salt, and place over a high heat. Once boiling rapidly, cook the pasta for 8-10 minutes until al dente. Drain on completion, reserving a cup of pasta water, and toss through some oil to prevent sticking.

2. CRISPY CHORIZO Place a pan over a medium-high heat with a drizzle of oil. When hot, add the chopped chorizo and fry for 4-5 minutes until crispy, shifting occasionally. Remove and drain on a paper towel.

3. THE CARBONARA IS COMING TOGETHER Heat the butter in the microwave or in a pot over the stove until completely melted. Set aside. In a heat-proof bowl, add 1 egg yolk. Whisking the yolk constantly, drizzle in the melted butter very slowly. Once fully incorporated, stir in the peas, the fried chorizo pieces, seasoning, and $\frac{1}{3}$ of the grated cheese. Mix until fully combined. Add the cooked spaghetti and toss until fully coated in the sauce. Loosen with the reserved pasta water if necessary.

4. SIMPLE SALAD In a bowl, dress the salad leaves with a light drizzle of oil and some seasoning.

5. PASTA LA VISTA! Dish up a hearty helping of carbonara pasta and garnish with the chopped parsley and remaining cheese. Serve the dressed salad leaves on the side. Amazing work, Chef!

Nutritional Information

Per 100g

Energy	1469kJ
Energy	349kcal
Protein	13.6g
Carbs	27g
of which sugars	2.1g
Fibre	2.1g
Fat	21.2g
of which saturated	10.5g
Sodium	359.3mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook
within
4 Days