

Eat The View



Recipes and Tips

Courgette Carbonara

Serves 4

1 medium onion, or 4 spring onions
300g courgettes
5 tbsp extra virgin olive oil
450g linguine or spaghetti
2 whole eggs
70g grated parmesan
A few basil leaves
Salt and pepper

1 Bring a large pan of water to the boil. Thinly slice the onion, then cut the courgettes into 5cm long, 2mm thick strips. In a large frying pan, warm the olive oil over a medium-low heat, then cook the onion and courgettes gently with a pinch of salt, turning them regularly with a wooden spoon until they are very soft and tender – which will take about 10 minutes. Remove the pan from the heat.

2 Add salt to a large pan of boiling water, stir, then add the linguine or spaghetti. Cook until al dente (start tasting at least 2 minutes before it is expected to be al dente).

3 While the pasta is cooking, in a largish bowl whisk together the eggs, cheese, a pinch of salt and lots of pepper. During the last minutes of pasta cooking time, put the courgette pan back on the heat to thoroughly warm the vegetables.

4 Drain the pasta, reserving some of the cooking water. Add the pasta to the frying pan, stirring so it tangles with the vegetables. Turn off the heat, and, working quickly, add the egg mixture and a splash of pasta cooking water, then stir and swirl the pan until each strand is coated with creamy sauce and the consistency is slithery. Add a little more pasta cooking water if it seems too stiff and stir again. Rip the basil into the pan, stir again and serve.