

Jamie Oliver

Beautiful zucchini carbonara

SERVES 2

COOKS IN 40 MINUTES

DIFFICULTY NOT TOO TRICKY

NUTRITION PER SERVING OF AN ADULT'S REFERENCE INTAKE		
Calories	222	11%
Fat	10.1g	14%
Saturates	4.7g	24%
Protein	11.2g	25%
Carbs	20.7g	8%
Sugar	0.9g	1%

Ingredients

- freshly ground black pepper
- 2 medium zucchinis, mix of green and yellow if available
- 150g penne
- 1 large free-range egg yolk
- 2 tbs cooking cream
- 2 tbs Parmesan cheese, freshly grated
- olive oil
- 2 rashers bacon, cut into chunky lardons
- 1 small handful fresh thyme, leaves picked and chopped,



Method

Put a large pan of water on to boil. Halve and then quarter any large zucchini lengthways. Cut out and discard any fluffy middle bits, and slice the zucchini at an angle into pieces roughly the same size and shape as the penne. Smaller zucchini can simply be sliced finely. Your water will now be boiling, so add the penne to the pan and cook according to the packet instructions.

To make your creamy carbonara sauce, put the egg yolk into a bowl, add the cream and half the Parmesan, and mix together with a fork. Season lightly and put to one side.

Heat a very large frying pan add a good splash of olive oil and fry the bacon until dark brown and crisp. Add the zucchini slices and 2 big pinches of black pepper, not just to season but to give it a bit of a kick. Sprinkle in the thyme leaves, give everything a stir, so the zucchini become coated with all the lovely bacon-flavoured oil, and fry until they start to turn lightly golden and have softened slightly.

It's very important to get this next bit right or your carbonara could end up ruined. You need to work quickly. When the pasta is cooked, drain it, reserving a little of the cooking water. Immediately, toss the pasta in the pan with the zucchini, bacon and lovely flavours, then remove from the heat and add a ladleful of the reserved cooking water and your creamy sauce. Stir together quickly. (No more cooking now, otherwise you'll scramble the eggs.)

While you're tossing the pasta and sauce, sprinkle in the rest of the Parmesan and a little more of the cooking water if needed, to give you a silky and shiny sauce. Taste quickly for seasoning. Serve and eat immediately, as the sauce can become thick and stodgy if left too long.