

Bacon & Mushroom Courgetti Carbonara

Creamy carbonara with courgette ribbons instead of pasta. No cream needed, the egg and cheese make the sauce.

5g
CARBS
PER SERVING

Serves 2

Prep 10 min

Cook 15 min

Everything in the list. This is a whole meal.

You'll need

- ☐ 2 courgettes (about 400g), spiralised or peeled into ribbons
- ☐ 6 rashers of bacon, cut into strips
- ☐ 150g mushrooms, sliced
- ☐ 2 eggs
- ☐ 50g parmesan, finely grated
- ☐ 1 garlic clove, chopped small
- ☐ 1 tbsp olive oil
- ☐ Black pepper, to taste

Method

- 1** In a bowl, mix the eggs, parmesan and lots of black pepper with a fork. Put it next to the cooker.
- 2** Heat the oil in a large frying pan on a medium heat. Fry the bacon for 5 minutes until starting to crisp.
- 3** Add the mushrooms and cook for 4 to 5 minutes until soft and golden. Add the garlic and stir for 1 minute.
- 4** Add the courgette and toss everything together for 2 to 3 minutes, just until it's hot. Any longer and it goes watery.
- 5** Take the pan off the heat and wait 30 seconds. Pour in the egg mix and keep tossing for about a minute. The heat of the pan turns it into a creamy sauce.
- 6** Serve straight away with more pepper and parmesan.

TIP

Taking the pan off the heat before the egg goes in is the trick. Too hot and you get scrambled egg.

SWAPS

- Use ham instead of bacon: tear it up and add it with the courgette.
- Shop-bought courgetti from the chiller cabinet saves the spiralising.

STORING IT

Best eaten straight away. The courgette goes watery if it's kept.

FOOD SAFETY

The egg sauce is cooked by the heat of the pan, so the egg stays soft. Use eggs with the British Lion stamp, which the Food Standards Agency says are fine runny for everyone. If you're cooking for someone pregnant, older or unwell and using other eggs, keep the pan on a low heat and keep stirring until the sauce thickens fully.