

COURGETTE CARBONARA

Carbonara is a classic pasta sauce made with cream, bacon and parmesan, and is absolutely delicious. When it comes to the type of pasta, try to use short pasta such as penne, farfalle.

Ingredients

6 medium green and yellow courgettes (otherwise called zucchinis)

500g pasta

4 free range eggs

100 ml double cream

Freshly grated parmesan

Olive oil

8 slices of bacon cut into pieces

Small bunch of thyme, flowering if possible

Courgette flowers if available

Method

1. Place a large pan of salted water on to boil.
2. Halve and then quarter any larger courgettes at an angle into roughly the same size as the pasta you are using, smaller courgettes can simply be sliced.
3. Add the pasta to the pot once boiling.
4. To make your sauce, put egg yolks into a bowl, add the cream and about half the parmesan and mix together with a fork. Season and put on one side.
5. Heat a large frying pan, add a good splash of olive oil and fry the bacon till crisp. Add the courgette slices and 2 pinches of ground pepper (to give a kick).
6. Sprinkle in the thyme leaves, give everything a stir so the courgettes become flavoured with the bacon oil, then remove from the heat.
7. Add a ladleful of the reserved cooking liquid into the creamy sauce and stir together quickly, no more cooking now, otherwise you will scramble the eggs.
8. Toss the pasta and sauce together, sprinkle in the rest of the parmesan and a little more cooking water if needed, to give a shiny and silky sauce. Tear your courgette flowers over the top and serve IMMEDIATELY otherwise you will have stodgy pasta.