

Vegetarian Carbonara

Ingredients

- 2 Eggs
- 1 Egg Yolk
- 150g Parmesan Cheese
- 1 Squash
- 2 Medium Zucchini
- 200g Mushrooms
- 2 cloves of Garlic (optional)
- 1 Packet Spaghetti
- Black pepper
- Salt

This dish is real comfort food. Great for the colder winter nights.

Serve with a side salad to break up the heaviness.



Method

1. In a large saucepan put 2 liters of water on to boil.
2. Whilst waiting for the water to boil, prepare your vegetables. Halve the zucchinis lengthways slice at an angle into small diagonal pieces. Slice the mushrooms and the squash. Crush or finely chop garlic if using. Grate the parmesan cheese.
3. In a bowl, use a fork to beat the eggs and the egg yolk. Mix in the grated parmesan and black pepper (to taste) until well combined.
4. In a bowl, use a fork to beat the eggs and the egg yolk. Mix in the grated parmesan and black pepper (to taste) until well combined.
5. When the water is boiling, add salt and put the spaghetti on to cook.
6. While the pasta is cooking, Heat a large frying pan on a medium to high heat and pour in a little olive oil. Fry the zucchini and squash slices for a minute or two until they start to soften, then add the mushrooms. Fry for 2-3 mins until golden and slightly softened. If using, for the last minute of the cooking add the garlic.
7. When the spaghetti is cooked, drain but keep about 1 cup of the cooking water.
8. Add the pasta to the vegetables and gently stir to combine. Remove from heat and stir in egg and cheese mix. Return to a low heat and mix in enough of the pasta water to create your desired sauce texture.

Serve with extra grated parmesan and pepper to taste.

