

MARLEY SPOON



Casarecce 'Carbonara'

with Cauliflower and Kale



20-30min



4 Portions

Carbonara sauce, derived from the Italian word for coal, might have gained the name from either the grinding of black pepper resembling coal dust or because it was easy for coal workers to make. Either way, it's a world-famous dish where eggs give a creamy sauce along with hard cheese, guanciale and pepper. This meat-free version has the addition of chilli, vegetables and nuts for loads of grea...

What we send

- casarecce pasta ¹
- parmesan ⁷
- lemon thyme, long red chilli, garlic
- cauliflower
- hazelnut ¹⁵
- onion
- Tuscan kale

What you'll require

- 3 eggs ³
- olive oil
- sea salt and pepper

Utensils

- box grater
- large deep frypan or saucepan
- large saucepan
- paper towel
- sieve
- slotted spoon

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Alternatively, you can omit the chilli when cooking and serve the chilli at the table.

Allergens

Gluten (1), Egg (3), Milk (7), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 755kcal, Fat 31.8g, Carbs 79.2g, Proteins 31.5g



1. Prepare ingredients

Read through the recipe. Bring a large saucepan of salted water to the boil. Finely chop the **onion** and **chillies**, removing the seeds if less heat is desired (see cooking tip). Crush or finely chop the **garlic**. Trim the **cauliflower** and cut into small florets. Tear the **kale leaves** in small pieces, discarding the stems. Pick the **thyme leaves** and finely chop.



4. Cook pasta

Cook the **pasta** in the pan of boiling water for 9 mins or until al dente, adding the **kale** in the last 2 mins. Reserve **250ml (1 cup) pasta cooking water**, then drain.



2. Make sauce

Finely grate the **parmesan**. Lightly beat **3 eggs** with a fork in a bowl, then add the parmesan and stir to combine. Season generously with **pepper**.



5. Cook cauliflower

Meanwhile, put **hazelnuts** in a cold large deep frypan over medium heat. Toast, tossing, for 3-4 mins until golden. Remove from pan, cool slightly, then coarsely chop. Heat **60ml (¼ cup) olive oil** in the same pan over high heat. Cook **cauliflower, onion, garlic, chilli** and **thyme**, stirring regularly, for 4 mins or until cauliflower starts to brown.



3. Blanch cauliflower

Cook the **cauliflower** in the pan of boiling water for 3 mins or until softened slightly. Remove with a slotted spoon and pat dry with paper towel. Return the water to the boil.



6. Get ready to serve

Reduce the heat to low. Working quickly, and while the pasta is still hot, add the **pasta, reserved cooking water** and **parmesan mixture** to the frypan and stir constantly until well combined; don't allow the mixture to overheat. Taste, then season with **salt and pepper**. Divide the **pasta** among bowls and scatter with the **hazelnuts** to serve.