

Zucchini, Mushroom & Chilli Carbonara



Serves: 6 people

User Rating: ★★★★★

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Looking for a heart-healthy dinner option that doesn't compromise on taste? Look no further than our Zucchini, Mushroom and Chilli Carbonara! With just enough chilli to give this dish a kick, it's a great dinner or lunch option the whole family will love.



Ingredients

- 6 eggs, plus 4 egg yolks
- 1 packet spaghetti (500g)
- 2 tbsp extra virgin olive oil
- 2 cloves garlic, finely chopped
- 12 button mushrooms, sliced
- 1 red chilli, finely diced (or use 1/2 tsp dried chilli flakes)
- 2 zucchini, grated
- 4 cups baby spinach
- Pinch salt & good grind of black pepper
- 200g Parmesan, grated

- Chopped parsley or basil

Method

1. Bring a large pot of salted water to the boil. Add the spaghetti and cook as per packet instructions.
2. Meanwhile heat a large frying pan (or wok), add the sliced mushrooms and enough water to just cover them. Bring to a simmer and cook, stirring occasionally, until all of the water has evaporated.
3. Add the extra virgin olive oil and garlic to the pan. Turn down the heat to ensure the garlic does not burn but infuses the oil. Sauté the mushroom sin the garlic oil for a few minutes until starting to brown.
4. Add the chilli and zucchini to the pan and sauté for a few minutes. Add the spinach and a ladle of the pasta water. Stir until the leaves just wilted. Season with salt and pepper.
5. Drain the spaghetti and add to the pan, stirring to combine. Turn off the heat.
6. Whisk the eggs with the Parmesan in a bowl. Slowly add to the pasta pan, stirring to coat the spaghetti strands. Make sure you do this off the heat so that the egg does not curdle.
7. Serve immediately in warmed bowls, garnished with a sprinkle of chopped parsley or basil.

Nutritional Information

Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
2480kj 593kcal	32g	23g	9g	58g	1g	545mg	5g

All nutrition values are per serve.