



LIFELINE RECIPES



November 2022



SPINACH AND MUSHROOM CARBONARA

PREPERATION TIME:

5 mins

COOKING TIME:

10 mins

SERVES:

4

INGREDIENTS

- 300g (10oz) rigatone pasta
- 1tbsp olive oil
- 150g (5oz) chestnut mushrooms, sliced
- 240g spinach leaves
- freshly grated nutmeg
- 3 large British Lion eggs
- 100ml (4fl oz) double cream
- 50g (2oz) grated Parmesan
- 3tbsp pine nuts, toasted
- salt
- ground black pepper

A deliciously creamy classic. Spinach and mushroom carbonara best served with Parmesan cheese and your favourite tippie.

METHOD

Bring a large pan of salted water to the boil and cook the pasta for 10-12 mins or until al dente.

While the pasta cooks, heat a non-stick frying pan, add the oil and mushrooms and sauté for 3-4 mins or until the mushrooms are golden. Stir in the spinach and stir until the leaves are just wilted. Remove from the heat and season well with salt and pepper.

Beat the eggs with the cream, half the Parmesan, seasoning and nutmeg.

Drain the pasta in a colander, return to the pan, stir in the egg mixture and stir well - the mixture will thicken as the heat from the pasta 'cooks' it. Stir in the mushrooms and spinach and pine nuts. Divide between bowls and sprinkle over the remaining cheese. Serve straight away.