



Spring 'Carbonara' with brussels sprouts, peas, lemon & tarragon

By Chef Cleo Melvin

"My seasonal take on a carbonara for spring; using peas, spring greens, brussels sprouts, lemon and tarragon. The greens could be swapped for savoy cabbage or cavolo nero or other seasonal varieties. To make it veggie, simply swap the pancetta for mushrooms and use a vegetarian Italian-style hard cheese."

INGREDIENTS

Portion: Serves 2

- 1 garlic clove
- The zest of 1 lemon
- A handful of brussels sprouts (roughly 8, finely sliced lengthways)
- A handful of frozen peas
- A few leaves of spring greens (pulled from the stems and finely sliced)
- 2 Tbsp of picked tarragon leaves (left whole)
- 90g of diced pancetta or bacon
- lardons
- 1 tsp of olive oil
- 220g of Barilla spaghetti or linguine
- 2 eggs beaten
- 50g finely grated parmesan plus extra to serve
- sea salt + black pepper

METHOD

Bring a large saucepan of water to the boil with a pinch of sea salt. Prepare the brussels sprouts by washing and cutting lengthways as finely as possible, so they are shredded and cook quickly.

Wash and pull the spring greens from their stems (you can save the stems for another recipe - I roast mine) and finely cut the spring greens to the same thickness as the sprouts.

Pick the tarragon leaves and set aside and grate the garlic. Put the spaghetti or linguine into the boiling water while you make the sauce.

In a large non-stick pan, fry the pancetta (or lardons) until golden. Then add a tsp of olive oil, the finely sliced greens, and sprouts, along with a pinch of salt & black pepper. Fry these on moderate heat for about 5 minutes until soft, before adding the garlic followed by the peas & tarragon leaves. Cook for a few minutes, by which time, the spaghetti/linguine should be just al dente.

Add the al dente spaghetti to the pan with a splash of the pasta water and simmer gently, turning the pasta through the greens and bacon. Beat the eggs together with the grated parmesan, reduce the heat (or pull the pan off), and add this to the pasta whilst stirring and coating it all in the sauce - you want a very gentle heat, otherwise the eggs will scramble.

Plate the spaghetti into two bowls and finish with lemon zest, extra parmesan and a generous grinding of black pepper.

