

Vegetarian carbonara (Pasta & rice main dishes)



Preparation

Wash all the vegetables and cut them into small cubes. Fry everything together in a saucepan for a couple of minutes then add salt, cover and simmer over low heat for 15 minutes. Remove from the heat and let it cool. Add the yolks and Parmesan and stir until creamy and smooth. Meanwhile cook the pasta in plenty of boiling salted water. When the pasta is ready, drain and transfer to the pan with the vegetables: stir quickly and serve hot.

Tips

Take care that the vegetables are not too warm before adding the egg, as this might result in overcooking them and an outcome rather like scrambled eggs.

Trivia

Egg yolk is rich in protein and 'good' fats, i.e. the monounsaturated and polyunsaturated ones. So, a panacea for health!

Information

Preparation 20 minutes

Total Time 15 minutes

Serves X Serves 2 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Pasta (Penne pasta)

Courgettes (Two courgettes)

Yellow peppers (A yellow pepper)

Aubergine (An aubergine)

Extra virgin olive oil

Salt

Egg yolks 2 units

Parmesan 50 grams