



Broccoli and Cauliflower Pasta Carbonara

**Equipment:**

Knife
Chopping board
Measuring cups and spoons
Frying pan or electric frying pans
Wooden spoon
2 large pots
Colander
Large glass jug

Ingredients:

1 tbsp butter
2 onions, diced
2 garlic cloves, crushed
1 head of broccoli, cut into florets
1 head of cauliflower, cut into florets
Parsley finely chopped
4 large eggs
4 egg yolks
2 cups cheese
¼ tsp pepper
Pasta, packet or fresh, cooked per instructions
½ cup reserved pasta cooking water
Parmesan cheese, to garnish

Instructions:

Heat 2 large pots of boiling water, one for the broccoli and cauliflower and one for the pasta.

Prepare broccoli and cauliflower as instructed above.

Dice onion. Crush garlic. Chop parsley.

Separate eggs. Add 4 whole eggs, plus 4 yolks to a large jug. Add cheese and pepper and stir.

Add broccoli and cauliflower to the pot of boiling water and cook for about 3 minutes or until just tender. Remove from pot and drain into a colander and run under cold water to stop the cooking process.

Heat butter in pan. Add onion and garlic to brown. Add broccoli and cauliflower and cook for about 3 minutes.

Cook the pasta and drain, reserving 2 cups of the cooking water.

Toss the pasta and parsley in the pan.

Reduce heat to low.

Add the egg mix to the pan and cook, stirring for about 2 minutes.

If the mixture is too dry, add some of the reserved pasta water.

Serve immediately, sprinkled with parmesan.