

Pasta carbonara

This easy dish derives its name from the Italian for coal (carbone), possibly because of its popularity with charcoal makers.

Ingredients

- 125g (4oz) smoked bacon or pancetta, cut into small strips
- 300g (10.5oz) Traidcraft pasta, such as spaghetti
- 2 large/3 small eggs
- 140ml/5fl oz single cream
- 2 tbs parmesan cheese, freshly grated
- 1 garlic clove, finely chopped
- 1 tbsp Zaytoun Extra Virgin olive oil
- Salt and pepper
- 1 tbs chopped fresh parsley



Method

1. Fry the pancetta and garlic in olive oil until crisp and put to one side, with the pan juices.
2. Cook the pasta according to packet instructions.
3. Mix the eggs, cream, grated parmesan, fresh parsley and salt and pepper to taste.
4. Add in the cooked bacon/pancetta with the pan juices.
5. Drain the cooked pasta, return to the pan and immediately pour in the carbonara sauce.
6. Toss to coat and allow the egg to set slightly.
7. Serve with a salad and parmesan sprinkled on top.

Buy the ingredients

- [The fair trade ingredients for this recipe are available in the Traidcraft online shop.](#)