



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

CARBONARA CAPS

Time: 30 minutes

Serves: 6

Ingredients:

200g bacon (approximately 6 thick slices) cut into matchsticks
100g onion (1 medium) diced
1 clove garlic
50g red wine
24 large white mushrooms - stems discarded
4 egg yolks
100g parmesan cheese – finely grated
10g parsley
Pinch pepper

Preparation:

Preheat oven to 450F

Place a frying pan on medium heat. When the pan is hot, add the bacon. Cook, stirring occasionally until nearly brown.

Add the onion and garlic. Cook for three minutes, stirring occasionally.

Add the red wine. Cook for two minutes, then remove from heat.

Spoon the bacon mixture into the mushroom caps.

Whisk together the egg yolks, parmesan, parsley and pepper.

Spoon the cheese mixture into the mushrooms on top of the bacon.

Bake for ten minutes and serve warm.

Nutritional Information Per Serving:

Calories: 230
Fat: 14g
Carbs: 7g
Fibre: 1g
Protein: 17g