



Midweek Dinner: Simple Carbonara

Serves 4 | Uses 4 eggs | 25 minutes

This is the dinner you make when you've got bacon in the fridge and box of pasta in the pantry. Carbonara is one of those meals that feels a little fancy... but it's really just eggs doing all the work. No cream. No complicated sauce when you build it ranch-kitchen style.



Ingredients

- 1 lb spaghetti (or fettuccine)
- 6 slices bacon, chopped (or diced pancetta if you're feeling traditional)
- 4 large eggs
- 1 cup freshly grated parmesan (not the shaker can)
- 1 tsp cracked black pepper
- Salt (for pasta water)

Optional ranch upgrade:

- Toss in sautéed peas or spinach
- Add a little garlic to the bacon

Method (Timing Matters Here)

1. Boil Pasta

Bring a large pot of salted water to boil. Cook pasta until just al dente. Before draining, reserve ½ cup pasta water.

2. Cook Bacon

While pasta cooks, sauté chopped bacon in a large skillet until crisp. Remove skillet from heat once done.

3. Make Egg Mixture

In a bowl, whisk:

- 4 eggs
- 1 cup parmesan
- Black pepper

4. The Important Part

Add hot drained pasta directly into the skillet with bacon (heat OFF).

- Toss quickly.
- Slowly pour egg mixture over pasta while tossing constantly.
- The residual heat cooks the eggs gently and creates a silky sauce.
- If it looks too thick, add a splash of reserved pasta water and keep tossing.
- You should get glossy, creamy noodles (not scrambled eggs!)
- The eggs thicken from the heat but don't scramble if the skillet is off the burner and you whisk continuously.





Bonus Breakfast Scramble

Uses 1 egg and adds protein to your favorite breakfast!

Whisk 1 egg and slowly stir it into the final minutes of cooking oatmeal. Keep stirring as it disappears into the oats, making them rich and creamy.

Week 2 Total: 9 eggs

