

# Recipe of the Month

## Smoked Mackerel Carbonara with Courgette



### Ingredients

- 320g dried pasta
- 1 onion – finely sliced
- 1 large courgette
- 2 sprigs of fresh rosemary – roughly chopped
- 130g smoked boneless mackerel fillets – cut into 1cm thick pieces
- olive oil
- 2 large eggs
- 100ml semi-skimmed milk
- 40g Parmesan cheese



Preparation time: approx. 20 mins

Cook time: 25 mins

Serves: 4

### Method

1. Cook the pasta according to the packet instructions.
2. Cut the courgette into quarters lengthways and cut out the fluffy core. Cut into 1cm thick slices - about the same size and shape as the pasta.
3. Fry the onions and courgettes in a large frying pan on a medium heat with a pinch of salt and pepper, stirring occasionally.
4. After 5 minutes, add the rosemary and mackerel and cook for a further 5 minutes, or until nice and golden, tossing occasionally.
5. In a jug, whisk the eggs and milk together and finely grate the Parmesan into the mixture.
6. Reserving a cupful of the pasta cooking water, drain and add the pasta to the frying pan.
7. Take the frying pan off the heat for a few seconds and stir in a good splash of the reserved water to cool it down (this is really important, because if you add your eggs when the frying pan is still hot, the heat will simply scramble the eggs - you want the sauce to be smooth).
8. Now pour in the egg mixture to the frying pan, shake and stir together until thickened. Plate up and serve with an extra grating of Parmesan, a good pinch of pepper and a squeeze of lemon juice, if you like.