



**NUTRITION** *per serving* 70g carbohydrates 57g fat 52g protein 1938mg sodium | soy-free, nut-free



Calories  
**1000**



Prep & Cook Time  
**30-40 min.**



Cook Within  
**6 days**



Difficulty  
**Intermediate**



Spice Level  
**Not Spicy**



**HOME CHEF**

**BREAKFAST (2 SERVINGS SHOWN)**

## Spaghetti Carbonara Frittata

with applewood smoked bacon and arugula salad

### IN YOUR BOX

3 oz. Grape Tomatoes  
6 Bacon Strips  
6 oz. Spaghetti  
¾ Cup Liquid Egg  
¼ Cup Heavy Cream  
1 tsp. Dried Oregano  
1 oz. Grated Parmesan Cheese  
1 tsp. Red Wine Vinegar  
½ tsp. Sugar  
2 oz. Baby Arugula

### IN YOUR KITCHEN

Olive Oil  
Salt  
Pepper  
Colander  
Medium Pot  
Medium Oven-Safe Pan  
Mixing Bowl

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## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Place a colander in the sink
- Bring a medium pot of lightly salted water to a boil
- Thoroughly rinse produce and pat dry

## WHILE YOU COOK

- **Heads up!** After cooking the diced bacon, remember to reserve 1 tsp. of bacon fat for use in the frittata. *Make sure you dispose of the rest carefully: never down the sink!*
- **Heads up!** Reserve a pinch of cooked bacon pieces to garnish frittata with after cooking.
- **Heads up!** Reserve a pinch of Parmesan to garnish frittata with before cooking.

## FROM THE CHEF

Don't have an oven-safe pan to cook the frittata in? We recommend using an 8 x 8 casserole dish instead.

### Did you know...

Frittatas have great make-ahead potential! Simply remove from the oven 5 minutes early, chill covered overnight in the refrigerator, then reheat in a 375 degree oven for 10-15 minutes or until hot throughout.



## Prepare the Ingredients and Cook Spaghetti

Halve **grape tomatoes**. Cut **bacon** into  $\frac{3}{4}$ " pieces. Add **spaghetti** to boiling water and cook 7 minutes. Drain in colander. *Spaghetti will finish cooking in a later step.*



## Render the Bacon

While spaghetti cooks, line a plate with a paper towel and heat  $\frac{1}{2}$  tsp. **olive oil** in a medium oven-safe pan over medium heat. Add **diced bacon** and cook 6 minutes, stirring often, until slightly crispy. Remove to towel-lined plate. Carefully pour all but 1 tsp. of **bacon fat** into a heat-proof container to chill before discarding.



## Prepare the Frittata Mixture

Working quickly so eggs don't scramble, toss **cooked bacon** (reserving a pinch for garnish), **liquid egg**, **heavy cream**, **spaghetti**, **oregano**, **Parmesan cheese** (reserving a pinch to top frittata),  $\frac{1}{2}$  tsp. **salt**, and a pinch of **pepper** together in a medium mixing bowl.



## Cook the Frittata

Swirl pan so that **reserved bacon fat** covers entire pan, add **frittata mixture**, and top with remaining **Parmesan cheese**. Place pan in oven and cook 25-30 minutes, or until mixture is set (doesn't jiggle when you tap the pan) and cheese is lightly browned. Using an oven mitt, remove from oven and top with remaining **bacon**.



## Make the Vinaigrette

While frittata bakes, wash mixing bowl used to toss frittata mixture. Whisk together **vinegar**, **sugar**, and 1 Tbsp. **olive oil** in mixing bowl and season with a pinch of **salt and pepper**.



## Plate the Dish

Carefully slide **frittata** out of pan and slice, or serve slices directly from pan. Toss **arugula** and **grape tomatoes** with **vinaigrette** and serve alongside.