



Kohlrabi “Linguine” Carbonara

Servings

5

Calories

500

Prep Time

15 minutes

Total Time

25 minutes

Skill Level

Medium

Ingredients

2 (10 ounce) bags Mann’s Kohlrabi “Linguine”

1 (8 ounce) bag Mann’s Sugar Snap Peas

Carbonara Sauce (recipe below)

Carbonara Sauce

3 cloves of garlic, chopped

14 ounces Pancetta, chopped (substitute option: chicken or sausage)

1 teaspoon white pepper

5 teaspoons olive oil, extra virgin

5 sage leaves, chiffonade

½ cup heavy cream

½ cup chicken broth

½ cup Parmesan cheese

2 egg yolks



The Method

Steam the Kohlrabi “Linguine” according to the instructions on the bag.

In a deep skillet, heat the oil and cook the pancetta until its brown and crisp. Add garlic, cook for 1 minute. Add the chicken broth, bring to a simmer, and then reduce heat to low. Add the Sugar Snap Peas and continue to simmer.



Kohlrabi “Linguine” Carbonara

In a bowl, beat the egg yolk, egg and cream together.

Add the Kohlrabi “Linguine” to the skillet. Add the white pepper and sage to the skillet and mix well. Add the egg mixture and stir to combine. Cook it on your lowest heat setting for two minutes, then remove skillet it from heat. Add Parmesan cheese and serve immediately.

Nutrition Facts

Serving Size: 313g | Servings: 5

Amount Per Serving

Calories 500 | Total Fat 42g (sat 19g trans 0g) | Cholesterol 195mg | Sodium 1400mg | Total Carbohydrate 11g | Dietary Fiber 4g | Sugars 4g | Protein 18g | Vitamin D 6% | Calcium 8% | Iron 6% | Potassium 10%