

FETTUCINNI ALLA CARBONARA
(GLUTEN FREE / DAIRY FREE)

Ingredients:

- 1 box of Gluten Free pasta
- 1 medium organic shallot - diced
- 1 cup of organic baby peas fresh or frozen – you can substitute other vegetables; peas are just classic to the dish
- 1/2 cup of Daiya Mozzarella cheese
- 1/8 cup of unsweetened dairy-free milk almond or rice
- 1/8 cup of Mayonnaise or Veganise
- 2 organic pasture-raised eggs

Instructions:

- 1.) Put on a large pot of “clean” water with a tablespoon of sea salt on high heat.
- 2.) Once water is boiling, add the entire box of pasta and follow cooking instructions.
- 3.) While the pasta is cooking, place 2 tsp of avocado oil (or almond or coconut) in a medium saucepan on medium heat.
- 4.) Once oil is warm, add the shallots and sauté for 3 or 4 minutes until softened.
- 5.) Add peas to shallots and continue on medium heat until the peas are warmed and softened, about another 5 minutes.
- 6.) Add salt and pepper to taste.
- 7.) While peas and pasta are cooking, combine the Daiya cheese, non-dairy milk, and mayonnaise of your choice in a small bowl.
- 8.) Break the eggs and scramble gently with a fork in a small separate bowl.
- 9.) Drain the pasta and have a bowl underneath strainer to collect hot water.
- 10.) Put the pasta back into the pot and take a tablespoon or two of the hot pasta water and add it to your raw eggs. This will temper the eggs and begin their cooking process.
- 11.) Now add the eggs and water to the hot pasta and combine with a fork. You’ll see the eggs cook before your eyes. It just takes less than a minute.
- 12.) Now quickly add the cheese, milk, and mayonnaise mixture to the pasta.
- 13.) Put the pasta on low-medium heat to keep warm.
- 14.) If the pasta seems too “stiff” add a tablespoon or two of the hot pasta water you reserved.
- 15.) When it’s nice and creamy, add salt and pepper to taste and put peas and shallots over the top. (Shrimp, fish, chicken, or beef may also be added to this recipe if you choose.)
- 16.) Serve immediately.
- 17.) Remember, as is true in so many pasta dishes, this dish needs to be prepared when you are ready to sit down and enjoy it. It doesn’t “sit” well for long.