

Bacon And Mushroom Carbonara With Pan Roasted Chicken.

(Meal for two)

Ingredients

200 grams fresh Fettuccine pasta.

150 grams portobello mushrooms. These are also sold as flat or field mushrooms.

90 grams streaky bacon (or pancetta if you are feeling rich)

30 grams finely diced onion.

1 large, or two smaller cloves garlic – crushed or finely chopped.

2 egg yolks

75 mls cream

20 grams finely grated Parmesan.

1 Tablespoon fresh chopped parsley or chives.

1 large chicken breast.

Oil

Salt and cracked pepper.

Parmesan to grate over the top of the meal.

1. Rub the chicken breast with a little oil, season liberally with salt and cracked pepper and place in a hot pan. Turn over after approximately one minute and seal the bottom. Cook in a 180-200 degree oven. When the chicken is cooked, remove from the oven, cover and rest for 7-8 minutes. While this is resting you will have enough time to complete the rest of the meal.
2. Slice the mushrooms into thin strips and cut up the bacon into thumbnail sized chunks.
3. In a bowl mix together the egg yolks, cream, Parmesan and parsley.
4. Place the pasta into a large pot of boiling salted water and cook until al dente (cooked but firm to the bite).
5. At the same time as the pasta goes into the water, put approximately 30 mls oil into a pre heated, large frypan.
6. Put the bacon, mushroom, onion and garlic in the pan and sweat off – moving all the time to avoid anything sticking. Near the end of cooking season with cracked pepper only as the bacon is fairly salty already.
7. Add the strained pasta into the pan and toss together with the cooked bacon, mushroom etc.
8. Take the pan off the heat and add the egg yolk, cream and Parmesan mixture and toss well. It is important not to cook the sauce as the eggs will scramble and ruin the lovely rich sauce. Don't be nervous about this part of the process – the heat of the pasta is more than enough to cook out the eggs.
9. Taste the sauce and season with cracked pepper and salt if needed.
10. Divide the pasta between two warmed bowls and grate some Parmesan over the top of both meals.
11. Carve the chicken into slices and place on top of both bowls of pasta.
12. Garnish with some freshly chopped chives or parsley.