



EBLY TENDER WHEAT CARBONARA

QimiQ BENEFITS

- No eggs required
- Problem-free reheating possible



15



easy

INGREDIENTS FOR 4 PORTIONS

250 g QimiQ Cream Base

300 g Ebly Tender Wheat

180 g Shallot(s), finely chopped

5 Garlic clove(s), finely chopped

1 tbsp Olive oil

150 ml Chicken stock

200 g Cured ham, chopped

TO GARNISH:

8 Slices prosciutto crudo, 12 g each

Rocket salad

METHOD

1. Cook the Ebly Tender Wheat in plenty of salt water until tender to the bite.
2. Fry the shallots and garlic in olive oil, douse with the stock and continue to cook for 2 minutes. Add the QimiQ Sauce Base and blend smooth. Add the Ebly Tender Wheat and bring back to the boil.
3. Fry the ham until crispy and stir into the Carbonara.
4. Serve garnished with the Prosciutto and rocket leaf.