



# EBLY TENDER WHEAT CARBONARA

## QimiQ BENEFITS

- No eggs required
- Problem-free reheating possible



15



easy

## INGREDIENTS FOR 4 PORTIONS

**250 g** QimiQ Sauce 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

Arugula [Rocket leaf]

## 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 a boil.
3. Fry the ham until crispy and stir into the Carbonara.
4. Serve garnished with the Prosciutto and rocket leaf.