

chicken carbonara recipe jamie oliver

Chicken carbonara recipe Jamie Oliver is a delightful twist on the classic Italian dish that brings a touch of comfort and sophistication to your dinner table. Jamie Oliver, the renowned British chef, is known for his flavorful and approachable recipes, and his version of carbonara is no exception. This article will guide you through the steps of making a delicious chicken carbonara, providing tips and variations along the way. Whether you are a novice cook or an experienced chef, you will find this recipe easy to follow and immensely satisfying.

What is Chicken Carbonara?

Chicken carbonara is a variation of the traditional Italian carbonara, which typically uses guanciale (cured pork cheek), eggs, cheese, and pepper to create a rich and creamy sauce. In this version, chicken adds a lean protein element, making it a hearty meal while still maintaining the essence of carbonara. The dish is perfect for a weeknight dinner or a special occasion, and it can be paired wonderfully with a glass of white wine.

Ingredients for Chicken Carbonara

To create a delicious chicken carbonara, you will need the following ingredients:

- 400g of pasta (spaghetti or fettuccine works well)
- 2 chicken breasts (skinless and boneless)
- 150g of pancetta or bacon, diced
- 2 large eggs
- 100g of grated Parmesan cheese
- 2 cloves of garlic, minced
- Fresh parsley, chopped (for garnish)
- Black pepper, freshly ground
- Salt, to taste
- Olive oil

Step-by-Step Chicken Carbonara Recipe

Now that you have gathered all your ingredients, let's dive into the step-by-step process of making this scrumptious chicken carbonara.

Step 1: Prepare the Pasta

1. Bring a large pot of salted water to a boil.
2. Add the pasta and cook according to the package instructions until al dente.
3. Reserve about a cup of pasta water, then drain the pasta and set it aside.

Step 2: Cook the Chicken

1. While the pasta is cooking, heat a splash of olive oil in a large skillet over medium heat.
2. Season the chicken breasts with salt and pepper.
3. Add the chicken to the skillet and cook for about 6-7 minutes on each side, or until fully cooked and golden brown.
4. Remove the chicken from the skillet and let it rest for a few minutes before slicing it into bite-sized pieces.

Step 3: Cook the Pancetta

1. In the same skillet, add the diced pancetta or bacon and cook until crispy, about 4-5 minutes.
2. Add the minced garlic and cook for an additional 1-2 minutes until fragrant. Be careful not to burn the garlic.

Step 4: Combine Ingredients

1. In a bowl, whisk together the eggs and grated Parmesan cheese until smooth.
2. Once the pasta is cooked and drained, add it to the skillet with the pancetta and garlic.
3. Remove the skillet from heat and quickly pour the egg and cheese mixture over the pasta, tossing everything together. The residual heat will cook the eggs gently, creating a creamy sauce.
4. If the sauce is too thick, add a little reserved pasta water until you reach your desired consistency.

Step 5: Add Chicken and Serve

1. Add the sliced chicken to the pasta and toss to combine.
2. Serve immediately, garnished with freshly chopped parsley and additional grated Parmesan cheese if desired.
3. Finish with a generous amount of freshly ground black pepper.

Tips for Perfect Chicken Carbonara

To ensure your chicken carbonara turns out perfectly every time, consider the following tips:

- **Use Quality Ingredients:** Fresh chicken and authentic Parmesan cheese can make a significant difference in flavor.
- **Don't Overcook the Eggs:** The key to a creamy carbonara is to mix the egg mixture with the pasta off the heat to avoid scrambling the eggs.
- **Reserve Pasta Water:** The starchy pasta water is a great way to adjust the sauce's consistency without sacrificing flavor.
- **Experiment with Flavors:** Feel free to add vegetables like peas or spinach for added nutrition and color.

Variations of Chicken Carbonara

While Jamie Oliver's chicken carbonara recipe is delicious as is, you can customize it to suit your taste. Here are a few variations you might want to try:

1. Creamy Chicken Carbonara

Add a splash of heavy cream to the egg and cheese mixture for an extra creamy texture. This variation is richer and perfect for those who love a decadent meal.

2. Veggie Chicken Carbonara

Incorporate seasonal vegetables such as asparagus, mushrooms, or zucchini

into the dish. Sauté the veggies along with the chicken for a nutritious boost.

3. Spicy Chicken Carbonara

Add a pinch of red pepper flakes or chopped chili to the pancetta while cooking for a spicy kick that elevates the dish.

Conclusion

In summary, the **chicken carbonara recipe Jamie Oliver** provides a delicious and easy way to enjoy a classic Italian dish with a twist. By following the steps outlined in this article and keeping in mind the tips and variations provided, you can create a flavorful meal that is sure to impress your family and friends. So, gather your ingredients, put on your apron, and enjoy the process of making this delightful chicken carbonara recipe!

Frequently Asked Questions

What are the key ingredients in Jamie Oliver's chicken carbonara recipe?

The key ingredients include chicken breast, spaghetti, eggs, Parmesan cheese, garlic, and pepper.

How long does it take to prepare Jamie Oliver's chicken carbonara?

It typically takes about 30 minutes to prepare and cook Jamie Oliver's chicken carbonara.

Can I use a different type of pasta for chicken carbonara?

Yes, you can substitute spaghetti with other pasta types like fettuccine or penne, but traditional carbonara usually uses spaghetti.

Is Jamie Oliver's chicken carbonara recipe suitable for beginners?

Yes, Jamie Oliver's chicken carbonara recipe is designed to be straightforward, making it suitable for beginner cooks.

What is the best way to achieve a creamy sauce in chicken carbonara?

To achieve a creamy sauce, combine the egg yolks with grated cheese off the heat to prevent scrambling, creating a smooth, creamy texture.

Can I make chicken carbonara without cheese?

Yes, you can make a version without cheese, but it will lack the traditional creamy flavor. You may substitute with nutritional yeast for a similar taste.

What can I serve with chicken carbonara?

You can serve chicken carbonara with a simple side salad, garlic bread, or roasted vegetables to complement the dish.

How can I store leftovers of chicken carbonara?

Store leftovers in an airtight container in the refrigerator for up to 2 days. Reheat gently to avoid overcooking the pasta.

Are there any common mistakes to avoid when making chicken carbonara?

Common mistakes include cooking the eggs over direct heat, which can lead to scrambling, and not seasoning the dish adequately.

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