

DINNER

Bacon and Egg Coal Miner's Pasta: Rigatoni alla Carbonara

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
17 min	5 min	12 min	4	\$2.56	713 kcal



The recipe Bacon and Egg Coal Miner's Pasta: Rigatoni alla Carbonara can be made in roughly 17 minutes. This recipe serves 4 and costs \$2.56 per serving. This main course has 713 calories, 23g of protein, and 27g of fat per serving. 9 people were impressed by this recipe.

Ingredients

- ☐ ½ cup dry white wine or chicken stock
- ☐ 2 large egg yolks
- ☐ 1/3 pound pancetta, cured Italian meat, available at deli counter, chopped
- ☐ 1 handful A fresh parsley leaves, finely chopped
- ☐ 4 or 5 cloves garlic, finely chopped
- ☐ 2 tablespoons Drizzle extra-virgin olive oil, plus (2 turns around the pan)
- ☐ 3 tablespoons (about 2 palmfuls) grated Parmigiano Reggiano, plus more, for sprinkling
- ☐ 9 servings A few grinds black pepper

☐ ¼ teaspoon crushed red pepper flakes, 3 pinches, crushed in palm of hand

☐ 1 pound rigatoni

☐ 4 servings Salt

EQUIPMENT Frying pan, Ladle, Whisk, Pot, Stove

Method

- 1 Place a large pot of water on the stove to boil. When water is rolling, add salt and pasta and cook to al dente, about 8 minutes, reserving 1/4 cup pasta water. While pasta cooks, heat large skillet over moderate heat.
- 2 Saute pancetta in a drizzle of oil until it browns, 3 to 5 minutes.
- 3 Add extra-virgin olive oil, garlic, and crushed pepper flake.
- 4 Saute garlic 2 minutes.
- 5 Add wine or stock to the pan and reduce liquid by half, 2 minutes.
- 6 Beat together egg yolks, cheese, and while whisking vigorously, stir in a ladle of the boiling pasta water. Beat in parsley and pepper and set aside.
- 7 Drain pasta.
- 8 Add pasta to pan with sauce. Toss pasta with pancetta, then add egg mixture and toss 1 minute, then remove from heat. Continue to toss until sauce is absorbed by and thickly coating the pasta. Adjust seasonings with salt and pepper and serve with extra cheese, for passing.

Nutrition per serving

713
KCAL

23 g
PROTEIN

27 g
FAT

88 g
CARBS

Saturated Fat	7.7 g · 48% of daily needs
Fibre	3.8 g · 15% of daily needs
Sugar	3.4 g · 4% of daily needs
Sodium	520 mg · 23% of daily needs
Cholesterol	119 mg · 40% of daily needs
Vitamin C	2.3 mg · 3% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/bacon-and-egg-coal-miners-pasta-rigatoni-alla-carbonara-148342