Treasure Barrel

Tortellini Carbonara – Ready in 30 Minutes

Creamy tortellini carbonara ready in 30 minutes, ideal for warm meals.

10 min	20 min	30 min	4	Easy	Italian
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb cheese-filled tortellini (fresh or frozen)
- [ ] 4 oz turkey ham, diced
- [ ] 2 large egg yolks
- [ ] ½ cup grated Parmigiano-Reggiano
- [ ] 1 tsp lemon zest
- [ ] Freshly cracked black pepper, to taste
- [ ] Salt, for pasta water

For the Sauce

- [ ] ¼ cup reserved pasta cooking water (adjust as needed)
- [ ] Optional: 1 tbsp olive oil for sautéing ham

Instructions

1. Bring a large pot of salted water to a boil; add the tortellini and cook until al dente, about 3-4 minutes.
2. While the pasta cooks, heat a skillet over medium heat, add a drizzle of olive oil, and sauté the diced turkey ham until golden and crisp, about 3 minutes.
3. In a bowl, whisk together the egg yolks, grated Parmigiano-Reggiano, lemon zest, and a generous pinch of black pepper.
4. Reserve ¼ cup of the starchy pasta water, then drain the tortellini.
5. Return the drained tortellini to the pot off the heat, pour in the egg-cheese mixture, and gently stir, adding reserved pasta water a little at a time until the sauce coats each piece with a silky sheen.

Nutrition per serving

420 kcal	22 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce seems thick, add a splash more pasta water; it will loosen without losing creaminess.
- Taste and adjust seasoning with extra pepper right before serving.
- For a subtle herb note, finish with a pinch of fresh parsley.