



Product Spotlight: The farm House

The Farm House is a family-owned butchery, smokehouse and charcuterie located just outside Margaret River. They are free-range and "believe in making the best products in the most natural way".



Cheesy Smoked Sausage Pasta

Penne pasta in a flavoursome tomato sauce with smoked kransky sausage, parmesan cheese and baby spinach.

Add extras!

Boost this pasta dish to serve more people! You can add sliced olives, mushrooms, zucchini or eggplant! Top with fresh basil if you have some.



30 minutes



2 servings



Pork

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	31g	112g

FROM YOUR BOX

SHORT PASTA	500g
KRANSKY SAUSAGE	200g
BROWN ONION	1
RED CAPSICUM	1
GARLIC CLOVES	2
CHOPPED TOMATOES	400g
BABY SPINACH	60g
GRATED PARMESAN	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, fennel seeds, stock cube (of choice)

KEY UTENSILS

large saucepan, large frypan

NOTES

You can use dried oregano if you prefer a different flavour to fennel seeds. Add some chilli flakes for a little heat!

No gluten option - pasta is replaced with GF pasta.

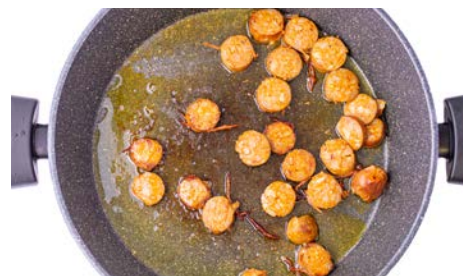


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1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **1/2 packet of pasta** and cook according to packet instructions or until al dente. Drain pasta.



2. SAUTÉ THE SAUSAGE

Heat a large pan over medium-high heat with **oil**. Thinly slice **sausage** and cook in pan for 2-3 minutes or until golden and crispy. Remove and set aside. Keep pan on heat.



3. SAUTÉ THE VEGETABLES

Slice or dice **onion** and **capsicum**. Add to pan along with 2 crushed **garlic cloves** and **1 tsp fennel seeds** (see notes). Cook for 5 minutes, or until softened.



4. SIMMER THE SAUCE

Pour in **chopped tomatoes** and **1 cup water**. Add **1/2 crumbled stock cube**. Semi-cover and simmer for 6-8 minutes. Stir in **spinach** and cook until wilted to your liking and return sausage.



5. TOSS THE PASTA

Add cooked pasta and **1/2 packet parmesan**. Stir until combined. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Serve pasta at the table. Use remaining parmesan to garnish.

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