



Product Spotlight: Broccoli

Forgot about the broccoli at the back of your fridge? Cut it into pieces with the stem attached and soak in a bowl of ice cold water in the fridge for 30 minutes. Drain and dry before using.



Italian Sausage Pasta with Creamy Lemon Sauce

Flavourful pork sausage, cooked with garlic and broccoli, in a bright creamy lemon sauce, all tossed through short pasta.



30 minutes



2 servings



Pork

Spice it up!

Run out of fennel seeds? Substitute with dried oregano or Italian herb mix, while not exactly the same, both options will keep the dish herby and aromatic.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	48g	74g	112g

FROM YOUR BOX

SHORT PASTA	1 packet
BROWN ONION	1
BROCCOLI	1
LEMON	1
GARLIC	1 clove
PORK SAUSAGE	300g
COOKING CREAM	300ml
BABY SPINACH	60g

FROM YOUR PANTRY

oil for cooking, salt, pepper, fennel seeds

KEY UTENSILS

large frypan, saucepan

NOTES

Want to hide veggies from fussy eaters? Finely chop the broccoli or add to a food processor. Alternatively, steam broccoli and serve as a side dish.

If desired, garnish with fresh basil or parsley, shaved parmesan cheese and dried chilli flakes.

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 pasta** and cook according to packet instructions or until al dente. Reserve **1 cup cooking liquid** and drain **pasta**.



2. PREPARE THE INGREDIENTS

Dice **onion**, chop **broccoli** (see notes), crush **garlic**, and **zest and halve lemon**.

Remove **sausage filling** from casings, set filling aside and discard casings.



3. BROWN THE SAUSAGE

Heat a large frypan over medium-high heat with oil. Add **sausage** to pan. Cook, using the back of a cooking spoon to break up, for 3–5 minutes, until brown. Add **1 tsp fennel seeds, onion and garlic**. Cook for a further 3 minutes to soften **onion**.



4. SIMMER THE SAUCE

Add **lemon zest, broccoli, cream** and **cooking liquid** (use to taste) to the **sausage**. Simmer, semi-covered, for 4 minutes to warm the **sauce**.



5. TOSS THE PASTA

Add **spinach** to **sauce** and cook for 1 minute to wilt. Add **pasta** and **juice from 1/2 lemon** (wedge remaining). Season well with **salt and pepper** and toss to combine.



6. FINISH AND SERVE

Divide **pasta** among shallow bowls. Serve with **lemon wedges** (see notes).

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