



### 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
	32g	39g	59g

## FROM YOUR BOX

SHORT PASTA	1 packet (500g)
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**.



### 4. SIMMER THE SAUCE

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



### 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.



### 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 **lemon**). Season well with **salt and pepper** and toss to combine.



### 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**.



### 6. FINISH AND SERVE

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

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