

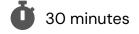




Italian Sausage Pasta

with Creamy Lemon Sauce

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





4 servings



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.

FROM YOUR BOX

| SHORT PASTA | 1 packet (500g) |
|---------------|-----------------|
| BROWN ONION | 1 |
| BROCCOLI | 1 |
| LEMON | 1 |
| GARLIC | 2 cloves |
| PORK SAUSAGE | 600g |
| COOKING CREAM | 300ml |
| BABY SPINACH | 120g |
| | |

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.





1. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta and cook according to packet instructions or until al dente. Reserve 2 cups 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 2 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** 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 **lemon**). 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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