



## Beef Sausage Pasta

Beef sausage mince cooked in a garlic, cherry tomato sauce with capsicum, tossed through pasta and garnished with rocket leaves.



25 minutes



4 servings



Beef

## FROM YOUR BOX

SHORT PASTA	500g
BEEF SAUSAGE COIL	600g
RED CAPSICUM	1
GARLIC CLOVE	1
TINNED CHOPPED TOMATOES	400g
TOMATO PASTE	1 sachet
ROCKET LEAVES	60g

## FROM YOUR PANTRY

oil for cooking, salt and pepper

## NOTES

You can add extra vegetables to the sauce if preferred! Baby spinach, broccoli or sliced fennel work well.

Transfer the pasta and sauce to an oven proof dish and cover with cheese. Bake in the oven to make a cheesy pasta bake!

**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. Drain pasta.

## 2. COOK THE SAUSAGE

Heat a large frypan over medium-high heat with **oil**. Squeeze **sausage** meat from casing into the pan (see tip). Cook, roughly breaking up in the pan with seasoning of choice. Cook for 5 minutes until browned.

**TIP**

*To easily remove the sausage mince, use a sharp knife to cut through the casing. You can cook the sausages in the casing and remove after cooked to slice if preferred. We added 2 tsp fennel seeds, 1 tsp dried oregano and 1/2 tsp dried chilli flakes for flavour.*

## 3. SIMMER THE SAUCE

Slice or dice **capsicum** and add to pan along with crushed **garlic clove**, **tinned chopped tomatoes** and **tomato paste**. Stir in **1 cup water** and simmer for 5 minutes.

## 4. FINISH AND SERVE

Toss cooked pasta through sauce. Season with **salt and pepper**. Garnish with **rocket leaves** to serve.

**TIP**

*Garnish the pasta with some fresh ricotta cheese or grated parmesan if you have some!*

**This recipe has simplified instructions to help lower your meal cost.**