



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Fennel

Fennel has a mild licorice flavour and is a very versatile vegetable! If you prefer, you can substitute it with celery, bean sprouts or even onion. It works great in casseroles, soups and lasagna too!



## 1 Sausage & Pasta Hotpot

Heartwarming sausage hotpot and frilly pasta topped with parmesan cheese.

 20 minutes

 4 servings





 Beef

16 July 2021

*Prep your fennel!*

*To prepare your fennel, remove outer layer. Quarter bulb and remove the core. Roughly chop. Keep some fronds for garnish if you like!*

## FROM YOUR BOX

LONG PASTA	1 packet (500g)
BEEF SAUSAGE 	500g
BROWN ONION	1
FENNEL	1
CARROT	1
ZUCCHINI	1
TOMATO PASSATA	1 jar
STOCK PASTE	1/2 jar *
SHAVED PARMESAN CHEESE	1 bag (125g)
 WHITE BEANS	400g
 OLIVES	1 tub
 WATERCRESS	1 sleeve

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), salt, pepper, fennel seeds (or rosemary)

## KEY UTENSILS


saucepan, large deep frypan with lid

## NOTES

If you prefer, flavour the hotpot with 1 tsp dried rosemary instead of fennel seeds.

**No beef option** - beef sausages are replaced with chicken mince. Increase cooking time to 4-5 minutes or until cooked through.

**No gluten option** - pasta is replaced with GF pasta.

 **VEG OPTION** - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



### 1. BOIL THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions, or until al dente. Drain and rinse briefly.



### 4. SIMMER THE SAUCE

Grate and add carrot and zucchini. Add tomato passata, **1/3 jar water** and stock paste. Semi-cover and simmer for 6-8 minutes.



### 2. COOK THE SAUSAGES


Heat a large frypan with **oil** over medium-high heat. Using a pair of scissors, cut sausages into bite sized pieces straight into the pan, brown for 4-5 minutes.

 **VEG OPTION** - Skip this step.



### 5. TOSS IN THE PASTA

Add pasta to pan with half of the parmesan cheese. Toss gently to combine. Adjust seasoning to taste with **salt and pepper**.

 **VEG OPTION** - Cook as above, adding **drained olives** as well.



### 3. ADD THE ONION & FENNEL


Chop onion and fennel, add to pan and cook for 4-5 minutes until softened. Season with **1-2 tsp fennel seeds** (see notes), **salt and pepper**.

 **VEG OPTION** - Cook as above, adding **drained white beans**.



### 6. FINISH AND SERVE

Serve sausage pasta topped with remaining parmesan at the table.

 **VEG OPTION** - Serve fennel & olive pasta at the table, topped with watercress and remaining parmesan.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

