



Beef Sausage Pasta

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



25 minutes



2 servings



Beef

FROM YOUR BOX

SHORT PASTA	500g
BEEF CHIPOLATAS	300g
RED CAPSICUM	1
GARLIC CLOVE	1
TINNED TOMATOES	400g
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.

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1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **1/2 packet of pasta** and cook according to packet instructions or until al dente. Drain **pasta**.

TIP *You can cook the whole packet of pasta to make extra serves.*

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 1 tsp fennel seeds, 1/2 tsp dried oregano and 1/4 tsp dried chilli flakes for flavour.*

3. SIMMER THE SAUCE

Slice or dice **capsicum** and add to pan along with crushed **garlic clove** and **tinned tomatoes**. Stir in **1/2 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.