

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



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

 2 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	250g
BEEF SAUSAGES 	300g
BROWN ONION	1/2 *
FENNEL	1
CARROT	1
COURGETTES	2
CHOPPED TOMATOES	400g
STOCK PASTE	1/2 jar *
SHAVED PARMESAN CHEESE	1 bag (125g)
 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.



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.



3. ADD THE ONION & FENNEL

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

 **VEG OPTION** - Sauté onion and fennel in a large frypan with oil until softened. Season as above.




4. SIMMER THE SAUCE

Grate and add carrot and courgettes. Add chopped tomatoes, 1/2 tin water and stock paste. Semi-cover and simmer for 6-8 minutes.



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.



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

