



SIMPLE SAUSAGE PASTA



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Prep time



Cook time



Serves

NEED

1 cup leftover BBQ meat, trimmed of fat and chopped

1 tbsp olive oil

2 cups raw pasta cooked in salt water

2 garlic cloves

2 broccolini bunches, chopped into 2cm pieces

1 tbsp baby capers

1 lemon

Pinch of fennel seeds

Pinch of chilli flakes

olive oil and pepper to season to taste

HOW

1. Place the chopped meat in a pan on medium heat with the olive oil. Allow the fats to render out slowly (especially with sausages), then pour them out of the pan.
2. Increase the heat and add the broccolini and a splash of water into the pan. Cover with a lid to steam for 90 seconds.
3. Remove the lid, add a little olive oil, garlic, fennel, chilli and cook until fragrant (about 30 seconds).
4. Add the cooked pasta (it must be hot!), a little of the cooking water if you have it, as well as the capers and a squeeze of lemon juice and zest.
5. Dress with a little more olive oil and pepper. Serve immediately.

USE IT UP TIP:

Don't have broccolini? Use up whatever greens you have on hand instead like broccoli, spinach or green beans.

A Recipe by



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SAVE MONEY.
SAVE THE PLANET.**