



SPICY SAUSAGE PASTA BAKE (DINNER)



4 servings



20 minutes prep,

20 minutes baking

INGREDIENTS

6 low fat sausages/veggie sausages

1 red pepper

1 courgette

1 tsp chili flakes

1 clove garlic

500g passata

1 tbsp harissa paste

1 tbsp balsamic vinegar

1 tbsp tomato paste

1 chicken stock cube (or veggie)

250g of pasta

100ml water

1 heaped tbsp of half fat crème
fraiche

30g parmesan

75g mozzarella (1/2 a ball)

DIRECTIONS

1. Remove the skin and chop the sausages into chunks. Brown off in a little oil, then set to one side. Tip all the vegetables into the same pan, and add a splash of water to remove the flavour from the bottom of the pan. Mix in the harissa, chili flakes and tomato paste, and sweat for 5-10 minutes until the veg has cooked down.

2. Add in the pasta, chicken stock cube, 100ml water and season with black pepper. Simmer for 10 minutes to reduce whilst you cook the pasta.

3. Cook the pasta in well-salted water until al dente (you want it to be undercooked as you will bake it). Mix the sausage pieces into the sauce, add 1 tbsp balsamic and 1 tbsp crème fraiche. Stir in the pasta and tip into a baking dish. Tear over mozzarella and grating of Parmesan.

4. Bake at 210C fan for 15 minutes until golden and bubbling. Let it rest for 5 minutes before serving. Leftovers will store for up to 3 days and can be reheated.

430 kcal and 30g protein