

Pasta with SAUSAGE, FENNEL and spinach

FOR 4



300G DRIED PASTA – PENNE, TROFIE OR SIMILAR

OLIVE OIL

1 ONION, CHOPPED

8 GOOD-QUALITY PORK SAUSAGES

1 TBSP FENNEL SEEDS

2 GOOD PINCHES CRUSHED DRIED CHILLIES

2 TBSP CRÈME FRAICHE OR CREAM

2 GENEROUS HANDFULS YOUNG LEAF SPINACH

Bring a large pan of water to the boil and cook the pasta according to the pack instructions. Heat a slug of olive oil in another pan, tip in the onion and fry for 5 minutes or so.

Meanwhile, squeeze the sausage meat out of the sausage skins and add to the pan (or simply add your sausages, chopped). Cook the sausage meat and onion together for 10 minutes, breaking the sausage meat up into smallish chunks as it cooks, adding the fennel seeds and crushed chillies towards the end of the cooking time.

Drain the pasta, return it to the pan and toss with the sausage mixture, crème fraiche and spinach. Eat piping hot.



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SATURDAY LUNCH