



UCOOK

Italian-style Pork Sausage Pasta

with sun-dried tomatoes

We show you how to take sausages out of the breakfast frying pan and transform it for the dinner table with this decadent pasta dish. Pork sausage rounds are tossed with casarecce pasta, a special mix of Italian spices, tangy sun-dried tomato, & a coating of creamy crème fraîche. Garnished with fresh thyme.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Jade Summers

Quick & Easy

Paul Cluver | Village Chardonnay 2023

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Ingredients & Prep

180g	Pork Sausages
100g	Casarecce Pasta
20ml	Italian Spice <i>(5ml Garlic Powder, 5ml Onion Powder & 10ml NOMU Italian Rub)</i>
3g	Fresh Thyme <i>rinse & pick</i>
50ml	Crème Fraîche
30g	Sun-dried Tomatoes <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. SIZZLING SAUSAGES Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sausages until browned and cooked through, 8-10 minutes (shifting as it colours). Remove from the heat and rest in the pan for 5 minutes before cutting into rounds.

2. ON TO THE PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 2-3 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

3. INSPIRED BY ITALY Return the pan to medium heat with a drizzle of oil. When hot, fry the Italian spice and ½ the picked thyme until fragrant, 30-60 seconds. Deglaze the pan with 50ml of the reserved pasta water. Remove from the heat and mix in the crème fraîche. Add the cooked pasta, the sausage rounds, the sliced sun-dried tomatoes, and season. Loosen with a splash of pasta water if it's too thick.

4. THYME TO ENJOY Bowl up the loaded pasta and garnish with the remaining thyme. Enjoy, Chef!



Chef's Tip

Air fryer method: Lightly coat the sausages with the oil. Air fry at 200°C until cooked through, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	1031kj
Energy	247kcal
Protein	10.8g
Carbs	21g
of which sugars	3.3g
Fibre	2.1g
Fat	12.3g
of which saturated	6g
Sodium	377mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Soy, Cow's Milk

Eat
Within
2 Days