



# 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.

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**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

**Chef:** Jade Summers

Quick & Easy

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Paul Cluver | Village Chardonnay 2023

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## Ingredients & Prep

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540g	Pork Sausages
300g	Casarecce Pasta
60ml	Italian Spice <i>(15ml Garlic Powder, 15ml Onion Powder &amp; 30ml NOMU Italian Rub)</i>
8g	Fresh Thyme <i>rinse &amp; pick</i>
150ml	Crème Fraîche
90g	Sun-dried Tomatoes <i>drain</i>

## From Your Kitchen

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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 150ml 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

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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

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## Allergens

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

Eat  
Within  
2 Days