



# Sausage and Fennel Pasta with Chilli

Suggested by Donald



## *You will need*

- 1 tablespoon dried chilli flakes
- 2 heaped teaspoons fennel seeds
- olive oil
- 600g Italian sausages or your favourite variety or vegetarian alternative
- 1 tablespoon dried oregano
- 250ml white wine
- 1-2 lemons- depends on how zesty you like your food
- 500g fusilli or any pasta you have on hand
- 20g Parmesan cheese, plus extra for serving
- ½ a bunch of fresh flat-leaf parsley

## *Method*

Crush the dried chillies and fennel seeds in a pestle and mortar- put aside once crushed

Heat the olive oil in your frying pan over a high heat. While this is heating squeeze the sausage meat out of their casings into the pan or chop the vegetarian sausage. Break this up with a wooden spoon and fry until the meat starts to turn brown. It should start to resemble something like coarse mince.

Add your crushed chilli and fennel seeds to the mince and cook over a medium heat until the meat crisps up and is golden brown.

Add the oregano, pour in the white wine, allowing it to reduce by half. Add the zest and juice of the lemon and reduce the heat to low.

Put a pot of salted water on to boil for the pasta, cooking the pasta to instructions.

Once the pasta is cooked, drain and reserve about a cup of the cooking water. Add the meat and sauce to the pasta

Grate the parmesan cheese on top and serve with the roughly chopped parsley leaves on top. Check the seasoning and add more salt or pepper as required.

Serve immediately, if you wish, serve with a fresh garden salad to add some greenery

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