

Caramelised brussels sprout and sausage penne



Need a quick pasta dish that is full of flavour and texture? Try this 30-minute brussels sprout and sausage penne recipe.

Ingredients:

1. 250g penne
2. 4 Coles Finest Spicy Calabrese Pork Sausages, casings removed
3. 1 tablespoon olive oil
4. 400g pkt brussels sprouts, ends trimmed, halved
5. 1 leek, pale section only, thinly sliced
6. 2 garlic cloves, crushed
7. 1 cup (250ml) thickened cream
8. 1 lemon, zested, juiced
9. 1 tablespoon wholegrain mustard
10. 1/4 cup (20g) natural flaked almonds, toasted

Method:

1. Cook the pasta in a large saucepan of boiling water following packet directions or until al dente. Drain well.
2. Meanwhile, heat a large frying pan over high heat. Add the sausage mince and cook, stirring with a wooden spoon to break up into lumps, for 5 mins or until golden brown. Use a slotted spoon to transfer to a heatproof bowl.
3. Heat the oil in the frying pan. Add the brussels sprout and cook, stirring, for 5 mins or until the brussels sprout begins to caramelise.
4. Add the leek and garlic and cook for 5 mins or until tender. Return the sausage mince to the pan with the cream, lemon juice and mustard. Cook, stirring, for 2 mins or until the sauce thickens. Add the pasta and toss to combine. Season.
5. Divide the pasta mixture evenly among serving bowls. Sprinkle with almond and lemon zest.