



Posted on 17 September 2012

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Spicy Sausage Pasta

Ingredients

0.5fl oz. cooking oil

1 onion

1 green pepper

1/2 punnet mushrooms

2oz. sweetcorn

2oz. sliced black olives

8oz. whole spicy sausage (use lamb or beef)

2 tsp. tomato puree

1/2 tin diced tomatoes

pasta (follow packet instructions)

Servings

4

Person

Preparation

- 1 Heat oil and brown diced onions, add diced peppers and cook for few minutes. Add sweet corn, sliced mushrooms & black olives and sliced sausage
- 2 Cook altogether until tender and then add tomato puree, tinned diced tomatoes, s&p and mixed herbs
- 3 In a separate pan cook your favorite pasta (spirals/quills etc) in boiling salted water with a drop of oil
- 4 Serve sauce on top of cooked pasta with freshly made garlic bread
- 5 This recipe can be adapted to use chicken if you prefer and leave out anything the kids won't eat!!

Cooks Note

Serves 4
