

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Beef Sausage and Broccoli Pasta

Ingredients Serves 4

- 2 tbsp olive oil
- ½ - 1 tsp chilli flakes
- 2 tsp fennel seeds
- 8 beef sausages (or chicken can be used)
- 2 garlic cloves, crushed
- 400 ml tinned tomatoes
- 700ml chicken stock
- 300g conchiglie pasta
- 50g pecorino romano or parmesan cheese with rind, cheese grated and rind reserved.
- 600g broccoli cut into small bite sized florets
- 40ml double cream

Method

Heat the oil in a large frying pan over a medium heat. Add the chilli flakes and fennel seeds, fry for 1 minute until fragrant. Cut the ends of the sausages or split the skin with scissors and squeeze out the meat. Add to the pan. Using a wooden spoon break the meat up a bit. Add the garlic and stir fry for 5 minutes until golden and cooked throughout.

Pour in the tinned tomatoes and the stock and 300mls of very hot water. Bring to the boil. Ad

Add the pasta and the cheese **rind**, then turn the heat down to a gentle simmer. Cook for about 10 –12 minutes until most of the liquid has been absorbed but it is still moist and not too dry.

Stir through the cream and scatter over the grated cheese.

Per portion approx

Kcals 881

Fat 40g

Carbs 9.4g

Protein 46g