

Sundried Tomato and Sausage Pasta



Serves 2 - Nutrition Per Serving

750kcal

30g protein

85g carbohydrates

40g fat

10g saturated fat

5g fibre

3g Salt

Our Nutritionist says:

“Tasty, simple and relatively cheap; use tomatoes in olive oil to get a good helping of health boosting Omega 3 oils. Western diets contain a large amount of Omega 6 from vegetable oils used in most processed foods and we need to have less of these and more Omega 3 to optimise health.”

“Experiment with different types of sausage, but always buy the best quality. Cheap sausages can contain a lot of fat and other ‘fill’ ingredients.”

Joel Enoch, Sports Nutritionist

www.joelenoch.co.uk

Ingredients

200g Penne Pasta

3 Pork Sausages

70g Sundried Tomatoes in Oil

2tbsp Oil from the Sundried Tomatoes

2tbsp Chopped, Fresh Parsley

Black Pepper

Chill flakes (optional)

1. Bring a large pan of water to the boil, adding a small pinch of sea salt. Cook the pasta as per packet instruction (reduce by 1 minute for a more authentic al dente Italian style.)

2. Peel the skin from the sausages and cut the meat into bite-size pieces. Remove the Sundried Tomatoes from the oil in the jar and chop into small pieces.

3. Gently heat 1tbsp of the sundried tomato oil in a large pan, add the sausage meat and good slowly for 7minutes. When the pasta is nearly cooked, add the remaining sundried tomato oil and the sundried tomatoes to the sausage pan, season with a little black pepper. If you wanted some added ‘bite’ add a small sprinkle of chilli flakes and stir in.

4. Drain the pasta and tip into the pan with the sausage meat and sundried tomato mix; stir together, mix in the chopped parsley and serve.

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