

Sausage & Pea Penne



Serves 2 - Nutrition Per Serving

660kcal

25g protein

68g carbohydrates

33g fat

23g saturated fat

4g fibre

2.5g salt

Our Nutritionist says:

“After a hard evening training session this is a quick, tasty and no-fuss way to get the protein, energy and electrolytes you need to recover effectively. Add kidney beans and/or extra veg for more vitamins, minerals and healing antioxidants.”

Joel Enoch, Sports Nutritionist

www.joelenoch.co.uk

Ingredients

150g penne

25g frozen peas

4 pork sausages

Pinch of sea salt

1/2 tbsp virgin olive oil

Chilli flakes or chopped fresh red chilli

Zest of half a lemon

1/2 tbsp wholegrain mustard

100g half-fat crème fraîche

Handful of basil leaves

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. As the pasta cooks, de-skin the sausages and take out the meat, chopping roughly into small pieces.
3. Heat the virgin olive oil in a large pan (it needs to be big enough to later add the pasta), add the chilli flakes or chopped red chilly and the sausage meat, cooking gently for 5 minutes.
4. Two minutes before the pasta is ready add the frozen peas to the pasta water and cook together.
5. One minute before the pasta is ready add the lemon zest, wholegrain mustard and crème fraîche to the sausage pan, reduce the heat and simmer gently.
6. Drain the pasta and peas, tip into the sausage sauce, season with black pepper and stir together.
7. Serve sprinkled with the torn basil leaves.

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