

## SAUSAGE FUSILLI

Serves 2



### Equipment

- Rubbish bowl
- Measuring jug
- Smaller measuring jug
- Chopping board for parsley
- Chopping board for sausages
- Sharp knife
- Pestle and mortar
- Measuring spoons
- Medium frying pan
- Wooden spoon
- Timer
- Zester
- Medium saucepan for pasta
- Mug
- Colander

## Ingredients

- 100ml chicken stock
- 1 lemon (you only need half)
- 150g dried wholewheat fusilli or penne
- sea salt and freshly ground black pepper
- 10g cheese, plus extra for serving
- ¼ bunch of fresh flat-leaf parsley
- 1 teaspoon chilli flakes
- 1 level teaspoon fennel seeds (optional)
- olive oil
- 200g quality coarse sausages, e.g. Cumberland
- ½ tablespoon dried oregano

## To prepare and cook your sausage fusilli

1. Weigh the pasta into the medium mixing bowl.
2. Make the stock (look at the instructions on the packet) in the larger measuring jug.
3. Pour the 100ml that you need into the smaller measuring jug.
4. Pick and roughly chop the parsley leaves (throw the stalks away).
5. Measure the fennel seeds (if using) into the pestle and

mortar and bash until coarsely crushed.

6. Grate the rind of half the lemon onto the chopping board.
7. Squeeze the meat out of the sausage skins.
8. Heat 1 tablespoon of oil in the frying pan over a high heat.
9. Add the sausagemeat to the pan, squashing it down with the back of the wooden spoon to break it up.
10. Fry for a few minutes, or until the meat starts to go brown, then continue to break up once more so it resembles coarse mince.
11. Add the chilli flakes to the pan (and the bashed-up fennel if you've used it).
12. Cook over a medium heat for around 10 minutes, or until the meat becomes crisp, golden brown and slightly caramelised.
13. Stir in the oregano.
14. Pour in the stock and allow it to reduce by half.
15. Add the lemon zest and squeeze in the juice of half the lemon.
16. Turn the heat down to low.
17. Meanwhile, cook the pasta according to the packet instructions.
18. Once the pasta is cooked but is al dente (still has a bit of bite to it), drain it in a colander, reserving half a small measuring jug-ful of the cooking water.

19. Grate the cheese.
20. Add the pasta to the meat pan, then toss to mix with the meat.
21. Loosen with a good splash of the reserved cooking water, if needed.
22. Stir in in the cheese.
23. Add the parsley leaves.
24. Taste and check the seasoning, then serve.