






More Than Food

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## Herbed Pork and Pesto Penne with Parmesan

For this week's Quick Dish we've gathered a handful of the most delicious ingredients we could find, for a dinner that's as speedy as it is delicious. Our butcher Nick 'The Knife' is fast gaining a reputation for the tastiest sausages in the country, whilst the good folk over at Del Verde have supplied your bronze-extruded penne. Less time cooking, more time for putting your feet up!



25 mins



Pork and Oregano Sausage



Purple Sprouting Broccoli



Penne




Basil Pesto



Parmesan

## Ingredients

	2P	4P
Pork and Oregano Sausage <b>1</b>	1	1
Purple Sprouting Broccoli	1 pack	2 packs
Penne <b>2</b>	180g	360g
Basil Pesto <b>3</b>	3 tbsp	6 tbsp
Parmesan <b>3</b>	2 tbsp	4 tbsp

 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

**1)** Sulphites | **2)** Gluten  
**3)** Milk

**Nutrition per serving:** Calories: 900 kcal | Protein: 40g | Carbs: 74g | Fat: 48g | Saturated Fat: 15g



**1** Boil a large pot of water with  $\frac{1}{4}$  tsp of salt for your pasta. Slice open the sausage casing, peel them off and discard them.



**2** Chop the head off the broccoli and cut it in half lengthways. Chop the remaining stalk into bite-sized pieces.



**3** Boil the broccoli for about 90 seconds. Keeping the water, lift the broccoli out and keep to the side.  
*Tip: Keep the water on high heat for the pasta.*



**4** Cook the pasta for around 10 mins or until 'al dente'. *Tip: 'Al dente' simply means the pasta is cooked through but has a slight hint of firmness left in the middle.*

**5** Heat 1 tsp of olive oil in a frying pan on medium-high heat. Once hot add the pork and break up with a wooden spoon. Once the pork has lost its raw colour add the drained broccoli.

**6** After a couple of mins add a few tbsp of the water from your pasta. Add the pesto and stir everything together.

**7** Add the drained pasta into the pan. Grate your parmesan, scatter over half of it and toss everything together. Serve with the remaining parmesan and a few grinds of black pepper.