






Cooking Made Easy

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Super Quick Pork, Walnut and Lemon Fettuccine

For tonight's Quick Dish we're whisking you away to the coast of Amalfi in the south of Italy for something zingy and refreshing. The trick to this recipe is to keep back half a cup of your pasta water just before you drain the pasta and this'll help you create a silky sauce to go with your fettuccine. Buon appetito!



35 min



family box



Flat Leaf Parsley



Pork Sausage



Courgette



Garlic Clove



Walnuts



Fettuccine



Green Olives



Lemon




Parmesan Cheese

Ingredients

	2P	4P
Flat Leaf Parsley, chopped	-	4 tbsp
Pork Sausage 1	-	1
Courgette, cubed	-	4 cups
Garlic Clove, chopped	-	2
Walnuts 2	-	2 tbsp
Fettuccine 3	-	400g
Green Olives, chopped	-	2 tbsp
Lemon	-	1
Parmesan Cheese, grated 4	-	4 tbsp

 May feature in another recipe

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

LH Step for little hands

Allergens

1) Sulphites | **2)** Nut

3) Gluten | **4)** Milk

Nutrition per serving: Calories: 582 kcal | Protein: 27 g | Carbs: 41 g | Fat: 34 g | Saturated Fat: 11 g

2



1 Boil a large pot of water with $\frac{1}{2}$ tsp of salt for your pasta. Very finely chop the parsley. Cut open the skin of the sausages and remove the meat.

2 Chop the very top and bottom from the courgette and slice in half lengthways. Slice each half lengthways into 5 more strips and then chop widthways into 1cm cubes. Peel and very finely chop the garlic.

3



3 Place the walnuts in a clean tea towel and whack them gently with a saucepan to break them up.

4



4 Heat 3 tsp of olive oil in a frying pan on medium-high heat. Once hot, add the sausage meat and break it up with a spoon. Cook for 4-5 mins until cooked then remove and keep to the side.

5



5 Cook your pasta in the boiling water until 'al dente'. **Tip:** 'Al dente' simply means the pasta is cooked through but has a hint of firmness left in the middle. Before you drain the pasta make sure you keep 1 cup of the starchy pasta water.

6 Heat 1 tbsp of olive oil in a

frying pan on medium heat. Once hot add the courgettes and garlic and cook for 5 mins. Meanwhile finely chop the olives. Add in the walnuts and olives and cook for a minute before moving to the next step.

7 Grate in the zest of $\frac{1}{2}$ of the lemon (more if you like) and pour in 1 cup of pasta water. As it begins to bubble tip in your pasta, the sausage meat and the parmesan cheese. Toss everything together and at the last minute add the parsley and 3 tsp of lemon juice before serving.