

Less than 45 minutes

Serves 6-8

Share with friends

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

- 8 pork sausages
- 1 Tbsp (15ml) dried chilli flakes
- 1 tsp (5ml) each ground coriander, cumin and cayenne pepper
- ¼ cup (60ml) olive oil
- 1 onion, sliced
- 2 cloves garlic, minced
- 3 anchovy fillets, chopped
- 1 Tbsp (15ml) capers, chopped
- 1 packet (500g) pasta shells
- 1 packet (230g) broccoli stems, halved

Nice to have:

- ½ packet (50g) pecan nuts, toasted
- Grated Parmesan

Method:

1. Squeeze sausage meat from casings into a large bowl.
2. Add chilli, coriander, cumin and cayenne pepper and mix well.
3. Heat half the oil and pinch small balls of meat into hot oil.
4. Fry until golden, then remove and set aside.
5. Add remaining oil and fry onion and garlic until softened.
6. Add anchovy and capers and fry for 2 minutes.
7. Return meatballs and fry until heated through.
8. Cook pasta in boiling salted water for 9 minutes.
9. Add broccoli and boil for about 2 minutes more until bright-green and pasta is al dente.
10. Drain and toss with meatball and onion mix.
11. Sprinkle with pecan nuts and serve with parmesan, if using.