

30 minutes

Serves 4

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Ingredients:

- 1 packet (500g) tagliatelle
- Glug olive oil
- 1 head broccoli, cut into florets
- 2 cloves garlic, chopped
- 1 chilli, diced
- 1 packet (500g) PnP traditional pork sausages, casing removed (chicken sausages work well too)
- 1 tsp (5ml) fennel seeds (optional)
- Handful fresh parsley, roughly chopped
- Salt and milled pepper
- Juice (60ml) of 1 lemon
- Grated parmesan cheese, for serving

Method

1. Cook pasta according to packet instructions and reserve 1 cup (250ml) cooking water.
2. Heat oil in a pan and fry broccoli, garlic and chilli until crispy.
3. Remove and set aside.
4. Fry meat and fennel in the same pan, occasionally breaking up meat until cooked.
5. Return broccoli to pan and add pasta, reserved water and parsley. Toss well.
6. Season and add lemon juice.
7. Serve hot, topped with parmesan.