



## IN THE KITCHEN

# Quick sausage bolognese

### Ingredients:

- 6 good quality sausages (skins removed)
- 1 teaspoon of fennel seeds
- 250g of mushrooms (sliced)
- 150ml of red wine (optional)
- 660g jar of tomato pasta sauce
- 300g of penne pasta
- Grated or shaved parmesan (to serve)

### You'll also need:

- A large frying pan
- A large saucepan
- Water
- A sieve/strainer

# IN THE KITCHEN - Quick sausage bolognese

## Method:

- Heat a large frying pan - no need to add any oil
- Once hot, crumble in the sausage meat and fennel seeds
- Break up the meat while cooking
- Fry for a few minutes until the sausage begins to brown and the fat is released
- Add the mushrooms and fry for a few minutes until beginning to soften
- Add the wine (optional) and let it bubble for 1 minute
- Add the tomato sauce and heat through until bubbling
- Meanwhile, fill a pan with boiling water
- Add the penne and cook following the instructions on the packet
- When cooked, drain the pasta and add it to the sauce
- Mix well until completely coated
- Serve with a little parmesan

## TOP TIP:

Serve with some warm garlic bread

