

Sausage Meat and Fennel Pappardelle

Serves

2

Prep Time

20 mins

Cooking Time

20 - 30 mins



Ingredients

- 4 Specially Selected Pork Sausages
- 1 Onion diced
- 2 Cloves of garlic minced
- 1 Tsp fennel seeds
- 2 Tbsps oil
- 2 Sprigs of thyme
- 1 bay leaf
- Pinch salt and pepper
- 1 Bulb of fennel
- 200ml Chicken stock
- ½ Tsp Chilli flakes
- Zest of ½ a lemon
- Juice of ¼ a lemon
- 2 Tbsps Cream
- 2 Tbsps Parsley chopped
- 1 Tbsp Pistachios chopped
- 200g Pappardelle pasta

Cooking Method

- In a large frying pan on a moderate heat add 1 tbsp of oil. When the oil is hot add the chopped onions, fry for a couple of minutes. Now add the garlic, fennel seeds, thyme leaves, bay leaf and a pinch of salt. Cook until the onions have softened for about 6 to 8 mins, put the onions on a plate and set aside.
- Now chop your fennel bulb, cut the very end off and then cut into about 8 pieces length ways. Place in the frying pan on a moderate heat and cook until browned and softened for about 8 mins. Again set aside.
- Remove the sausage meat from the skin and break into chunks. Add another tablespoon of oil to the pan and fry the sausage meat for about 8 minutes keep moving it around. Now add the cooked onion mixture and fennel back into the pan with the sausage. Pour over the chicken stock give it a stir and bring to a boil, then reduce the heat and simmer for about 15 minutes.
- Whilst the sausage is cooking in a separate pan bring some salted water to a boil and add the pappardelle cook until tender and drain, save a little pasta water.
- Remove the bay leaf from the sausage and fennel, mix in the cream, lemon juice, chilli flakes, lemon zest and a pinch of salt and pepper.
- Mix the sausage and fennel sauce through the pasta add a little pasta water to loosen if you feel it needs it. Sprinkle with chopped parsley and pistachios.



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