



# Sausage and kale pasta

Recipe by School Food Matters



Serves 5



30 minutes

## INGREDIENTS

- 500g dried pasta orecchiette
- 50g olive oil
- 400g pork & fennel sausages (squeezed from casings into small chunks)
- 1 brown onion, diced
- 2 garlic cloves, chopped
- Big pinch of chilli flakes
- 1 bunch kale or cavolo nero, shredded
- 50g butter
- 200ml chicken stock
- 50g grated parmesan
- Salt & pepper
- *(Optional: 2 tsp good fish sauce)*
- *(Optional: tiny bit of raw garlic at the end)*

## DIRECTIONS

### 1. Boil water:

Get a big pot of salted water on the boil for your pasta.

### 2. Brown sausage:

Heat a heavy-based pan on high, add oil, and fry the sausage chunks until golden and cooked through. Scoop them out into a bowl, leaving the fat in the pan.

### 3. Cook aromatics:

Drop the heat to medium. Add onion, garlic, and chilli flakes to the fat and cook until they start browning on the edges.

### 4. Wilt greens:

Add butter and the shredded kale. Stir until it's completely wilted. *(Optional: add 2 tsp fish sauce here for extra depth – you won't taste the fish.)*

### 5. Simmer sauce:

Add the sausage back in with the chicken stock. Let this bubble gently while the pasta cooks.

### 6. Cook pasta:

Cook pasta about 2 minutes less than the pack says – you'll finish it in the sauce.

### 7. Combine:

Drain pasta (save a little water) and toss it into the sausage-kale mix. Crank up the heat and stir until the sauce thickens and coats the pasta.

### 8. Finish:

Take the pan off the heat. Stir in parmesan until melted and glossy. Add pasta water to loosen if needed. *(Optional: a tiny hit of raw garlic here makes everything pop.)*

### 9. Plate up & serve:

Check the seasoning and adjust with salt and pepper. Spoon the pasta into bowls, making sure to scoop up all the sausage and greens. Finish with extra parmesan and a crack of black pepper if you like.



## Afternoons

with Christopher Lawrence

on 936AM and the ABC listen app