

# Recipe: Extra veg sausage pasta

This recipe shows how you can load a family favourite recipe (sausage pasta) with extra veg! If you have picky eaters in your family, you could blend the beans and spinach with the pasta sauce in an electric blender. The taste change will be minimal, and you'll have added an extra portion or two of veg to the meal.



## Ingredients

- 3 sausages (meat or vegetarian/vegan)\*
- Spaghetti pasta\* and pasta sauce\*
- 1 onion and a handful fresh or frozen spinach
- Handful baby tomatoes
- 1 tin butter beans or cannellini beans
- Pinch of fresh herbs to garnish

## Method

- Chop the sausages into bite-size pieces. Finely chop or dice the onion.
- Measure out the pasta and cook in a pot of boiling water following package instructions.
- Add the sausages and onion into a hot pan and cook until golden brown or until the sausages are cooked through. Then add the spinach, tomatoes and rinsed beans and cook for 2-3 minutes. Add the pasta sauce and simmer for another 2-3 minutes
- Once the pasta is cooked, drain the water and serve the pasta in a bowl, then add the pasta and veg sauce, garnished with fresh herbs of your choice (optional). Enjoy!

\*Please note this food is or may contain one or more of the 14 common food allergens.



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