

goodFOOD

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EXCLUSIVE RECIPE

Creamy nduja sausage tagliatelle

SERVES 2 **PREP 5 mins** **COOK 20 mins** **EASY**

Indulge in this spicy and creamy pasta dish on cold winter nights. Cassie Best

1 tbsp olive oil

4 sausages

1 tsp fennel seeds

2 garlic cloves, crushed

pinch of chilli flakes (optional)

40g nduja

2 tbsp tomato purée

75ml white wine

150ml double cream

200g tagliatelle pasta

handful of parsley, chopped

50g parmesan, grated, plus extra to serve

1 Heat the oil in a large frying pan and bring a saucepan of salted water to the boil. Remove the sausage skins and break the sausagemeat into the frying pan. Cook for 5-8 mins, breaking it up with a wooden spoon, until golden brown.

2 Add the fennel seeds, garlic and chilli flakes, if using, to the pan. Sizzle for a couple of mins, then add the nduja and tomato purée, mixing them into the sausages. Cook for 2-3 mins.

3 Pour the wine into the frying pan and cook for another 2-3 mins until most of the wine has evaporated, then stir in the cream and leave over a low heat.

4 Meanwhile, add the pasta to the boiling salted water, cook following pack instructions, or until al dente. Drain, reserving a mugful of the pasta water.

5 Toss the pasta into the sausage sauce, add the parsley, parmesan, and a splash of the pasta cooking water and toss everything together until the tagliatelle is coated in the silky sauce. Serve with extra parmesan grated on top.

GOOD TO KNOW calcium • fibre • 1 of 5-a-day

PER SERVING 1166 kcals • fat 79g • saturates 41g • carbs 68g • sugars 6g • fibre 6g • protein 35g • salt 2.52g