



SAUSAGE & VEG PASTA BAKE

Servings: 4

Per Serving: 895 kcal and 40 g protein

INGREDIENTS

8 sausages, cut into smaller pieces
2 tbsp olive oil
150 g grated cheese
2 tbsp cream cheese
dash of Worcestershire sauce
350 g pasta
dried herbs
500 g carton of passata
1 red onion
100 g mushrooms, peppers & 1 courgette (or any left over veg)

DIRECTIONS

1. Preheat the oven to 180°C (Gas 4) and boil the pasta as per the packet instructions, then drain.
2. Heat oil in a frying pan and brown the sausage pieces for about 5 mins.
3. Add the onion and peppers, and fry until browning.
4. Add the chopped mushrooms and chunks of courgette until soft.
5. Stir in the passata.
6. Add the Worcestershire sauce and season.
7. Stir in the cream cheese.
8. Transfer to an oven proof dish.
9. Sprinkle with grated cheese and bake for 20-25 mins.

NOTES

Using wholemeal pasta would add additional fibre to the meal.

To make this dish vegan, swap sausages for vegan sausage alternatives (or kidney beans), vegan cheese alternative and Worcestershire sauce vegan alternative.

