



SAUSAGE AND FENNEL PENNE

SERVES 2 OR 4

TIME: 25 MIN

CALORIES: 780/SERVING



This recipe makes a seriously hearty pasta dish. Penne noodles in a rich and creamy tomato sauce, loaded with plant-based sausage, sweet onions and fresh greens.

WHAT YOU'LL NEED

- Large pan
- Large pot

- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Penne	300 g	600 g
Vegan sausages	2	4
Onion	1	2
Garlic	3 cloves	6 cloves
Baby spinach	2 cups	4 cups
Vegan cheese shreds	3 tbsp	6 tbsp
Rose sauce	1 cup	2 cups



Prep ingredients: slice **garlic** into thin strips, dice **onion** into bite-sized chunks, and chop or break **sausage** into pieces. Fill large pot with **water** and a pinch of **salt** and bring to a boil.



Add **pasta** to the pot of boiling water and cook for 10-12 minutes until al dente. Drain, reserving 1/2 cup of **pasta water** (1 cup for 4 servings).

Meanwhile, heat 1 tbsp of **oil** (2 tbsp for 4 servings) in a large pan over medium heat. Once hot, add the **sausages** and cook for 6-7 minutes, until browned and tender.



Add the **onion** and **garlic** to the pan. Lower heat and cook for another 6 minutes, until fragrant, then add **sauce** and simmer, stirring frequently, for about 10 minutes.



Add **cooked pasta** and **reserved pasta water** to the **pan**. Stir in the **spinach**, small amounts at a time, until wilted and evenly distributed.



Divide the **pasta** between plates and top with **cheese shreds**.

Nutrition Facts	
Valeur nutritive	
Per Serving (452 g)	
pour 1 (452 g)	
Calories 780	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 20 g	27 %
Saturated / saturés 7 g	35 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 110 g	
Fibre / Fibres 11 g	39 %
Sugars / Sucres 9 g	9 %
Protein / Protéines 38 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 1110 mg	48 %
Potassium 1150 mg	24 %
Calcium 350 mg	27 %
Iron / Fer 8.5 mg	47 %
*5% or less is a little 15% or more is a lot	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	