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Sausage & Kale Pasta Bake

A midweek dish that's perfect for feeding the whole family.

Serves 6 people

INGREDIENTS

- 455g Penne Pasta - dry weight
- 155g Kale - curly leaf
- 3tbsp Olive Oil
- 400g Pork Sausages - skins removed
- 1 Onion - diced
- Pinch of Sea Salt
- Pinch of Ground Pepper
- 2 Garlic Cloves - grated
- 1tbsp Plain Flour
- 235ml Skimmed Milk
- 1/2tsp Red Pepper Flakes - crushed
- 225g Tomatoes - chopped
- 115g Ricotta Cheese
- 115g Mozzarella Cheese

Preheat the oven to 180°C/160°C fan. Cook the pasta according to package directions, adding the kale during the last 3 minutes of cooking. Drain and place in the casserole dish.

Heat 1 tablespoon of olive oil in a large saucepan over medium heat. Add the sausage and cook, breaking it up with a spoon, until it begins to brown, transfer to a bowl.

Add the onion and remaining 2 tablespoons of olive oil to the large saucepan. Season with salt and pepper and cook, covered, stirring occasionally, until tender. Stir in the garlic and cook for 1 minute. Sprinkle the flour over the onion mixture and cook for 1 minute. Stirring constantly, gradually add the milk. Simmer until slightly thickened for 2 - 3 minutes. Stir in the crushed red pepper flakes.

Add the sauce to the pasta and kale in the casserole dish and toss to coat. Add the sausage, tomatoes, ricotta cheese and mozzarella cheese and toss to combine. Sprinkle with Parmesan and bake for around 20 - 25 minutes.



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