



FAST. EASY. FRESH.

CREAMY MUSHROOM AND KALE PASTA WITH SAUSAGE

1. Bring a large pot of salted water to a boil. Add the **rotini** and cook for 8-10 minutes, or until al dente. Strain, rinse briefly, then set aside.

2. Meanwhile, peel the **onion**, then thinly slice it. Wash the **kale**, remove the stems, and thinly slice it. Set the vegetables aside, then cut the **pork sausage** into bite sized pieces.

3. In a large pan, heat the **canola oil**. Add the onions and sausage. Sauté for 2-3 minutes, then add the **mushrooms** and cook for 3-4 minutes.

4. Next, add the kale and cook a further 3-4 minutes. Add your **heavy cream**, then season to your liking with **sea salt** and **black pepper**.

5. To serve, scoop the rotini into pasta bowls, and top with the mushroom, kale, and chicken sausage mixture. Enjoy!

Ingredients (4 Person Serving – 684 Calories Per Serving)

Canola Oil	2 Tbsp.	Heavy Cream	½ Cup
Sliced Mushrooms	280 g	Rotini	400 g
Yellow Onion	1 Medium	Salt and Pepper	To Taste
Kale	8 Stalks		
Pork Sausage	400 g		



30 Minute
Cook
Time!