



SAUSAGE SURPRISE

SERVES 4

INGREDIENTS

4 thick pork sausages
5ml/1tbsp oil
225gm (8oz) pasta
15ml (1tbsp) oil
1 red pepper, sliced
1 onion, sliced
110gm (4oz) mushrooms, sliced
200gm tin of sweetcorn
400gm tin of tomatoes
2.5ml (½tsp) mixed herbs
Seasoning
100gm (4oz) cheese, grated

METHOD

1. Preheat oven to 180°C/gas mark 4.
2. Place sausages in a small roasting tin with oil and cook for 45 minutes - 1 hour.
3. Cook pasta in boiling salted water for 10 minutes with lid off. Drain well.
4. Fry onion and pepper in oil in a large frying pan for about 5 minutes, add mushrooms and fry for a further minute.
5. Stir in sweetcorn, tomatoes, herbs and seasoning.
6. Slice each sausage into 8 and add to pan.
7. Add pasta.
8. Place in ovenproof dish and top with cheese.
9. Place in oven for a further 5-10 minutes.
10. Serve with garlic bread.

Pasta is a carbohydrate that provides energy; it keeps you fuller longer and is an affordable food.

FOR VEGETARIANS: replace the sausages with roasted butternut squash. This vegetable is low in calories but high in many nutrients - vitamin A, vitamin C, magnesium and potassium.

