



Sausage, fennel & rocket fusilli

READY IN



25 min.

SERVINGS



4

CALORIES



907 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 350 g fusilli
- ☐ 6 pork sausages red well (pork & onion work)
- ☐ 2 garlic cloves sliced
- ☐ 1 chilli red deseeded sliced
- ☐ 1 tbsp fennel seeds
- ☐ 3 tbsp double cream
- ☐ 1 tsp wholegrain mustard
- ☐ 2 tbsp parmesan grated
- ☐ 100 g rocket leaves

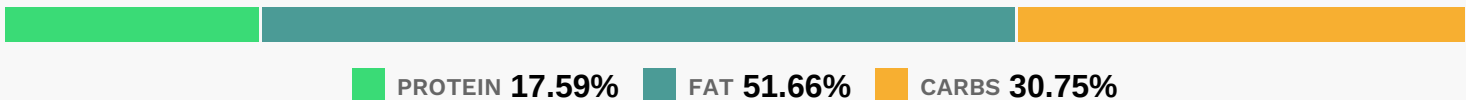
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Cook the pasta following pack instructions. Meanwhile, squeeze the meat out of the sausage skins.
- ☐ Heat a frying pan over a high heat and brown the sausagemeat, breaking it up with a wooden spoon while it cooks. Once browned, push to the side of the pan.
- ☐ Add the garlic, chilli and fennel seeds to the empty part of the pan and cook for 45 secs until fragrant. Stir in the sausagemeat, season and add the cream, mustard and Parmesan. Keep on a low heat until the pasta is cooked.
- ☐ Drain the pasta, reserving a few tbsps of the water, then tip it back into the pan.
- ☐ Add the sausage sauce and mix, adding some of the pasta water if it needs it.
- ☐ Add the rocket, turn off the heat and spoon into bowls.
- ☐ Serve with extra Parmesan.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:26.96, Inflammation Score:-8, Nutrition Score:27.136086795641%

Flavonoids

Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 8.73mg, Kaempferol: 8.73mg, Kaempferol: 8.73mg, Kaempferol: 8.73mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 906.71kcal (45.34%), Fat: 51.48g (79.19%), Saturated Fat: 18.19g (113.67%), Carbohydrates: 68.96g (22.99%), Net Carbohydrates: 64.93g (23.61%), Sugar: 3.83g (4.25%), Cholesterol: 136.45mg (45.48%), Sodium:

1149.4mg (49.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.43g (78.87%), Selenium: 56.97µg (81.38%), Manganese: 1.04mg (51.89%), Vitamin B3: 9.79mg (48.97%), Phosphorus: 446.62mg (44.66%), Vitamin B1: 0.58mg (38.57%), Vitamin B6: 0.75mg (37.53%), Zinc: 5.23mg (34.89%), Vitamin K: 30.04µg (28.61%), Vitamin C: 21.95mg (26.6%), Vitamin B12: 1.49µg (24.81%), Magnesium: 92.89mg (23.22%), Potassium: 789.4mg (22.55%), Iron: 3.85mg (21.37%), Copper: 0.42mg (21.06%), Vitamin A: 1015.35IU (20.31%), Vitamin B2: 0.33mg (19.27%), Vitamin B5: 1.7mg (16.99%), Fiber: 4.03g (16.12%), Vitamin D: 2.4µg (15.97%), Calcium: 133.07mg (13.31%), Folate: 45.04µg (11.26%), Vitamin E: 0.72mg (4.79%)