



Rutland, Steady, Cook!

Knife Fork Spooner's Sausage Ragu with Pasta

Ingredients

6 Pork Sausages, skins removed	2 Bay Leaves
1 small Onion, finely chopped	2 Sprigs of Rosemary, picked and finely chopped
2 cloves of Garlic, finely chopped	2 Sprigs of Thyme, picked
1 small Carrot, finely diced	A handful of Sage Leaves, finely chopped
2 tins of Chopped Tomatoes	
1tbsp Tomato Puree	
300g Pasta	

Hint: Dried herbs work well if fresh herbs are not available.

Method

1. Cook your pasta as per the packet instructions.
2. Place a large frying pan on a medium heat and fry the onion, carrot and garlic in a little oil for a few minutes.
3. Add the sausage meat to the pan and break it up with a wooden spoon, cook for 5 minutes until browned.
4. Add the tomato paste, bay leaves and half of the chopped herbs. Stir, then add the chopped tomatoes, bring the pan to the boil and simmer for ten minutes.
5. Add the remaining herbs and a pinch of salt & pepper, stir and serve with the cooked pasta.

Don't forget to share your own **Knife Fork Spooner's Sausage Ragu with Pasta** image on Facebook using **#RutlandSteadyCook**

Thank you to:
Simon Spooner
Knife Fork Spooner, Ketton

