

What Katie ate...

EASY FENNEL SAUSAGE RIGATONI BAKE

400g rigatoni pasta
1 tsp fennel seeds
1 brown onion, pelled, finely diced
4 cloves garlic, peeled + minced
500g pork sausages (or sausage meat)
700g passata
1/2 cup cream
250g fresh Mozzarella
Grated parmesan, to serve
Good quality olive oil
Maldon sea salt flakes
Feshly ground black pepper

—

SERVES 4

What Katie ate...

EASY FENNEL SAUSAGE RIGATONI BAKE

Preheat oven to 180 °C/350 °F.

Cook pasta as per packet instructions but drain it 3 mins before it is ready, you don't want to completely cook the pasta all the way at this stage.

Drain and set aside.

Toast fennel seeds in a small non-stick pan for 1-2 mins or until fragrant, then grind finely using a mortar and pestle.

Heat 1 tbsp olive oil in a large frying pan and sauté onion for 3-4 mins over medium heat, add garlic and continue to fry for a further 5-6 mins stirring often.

If you are using sausages, removed the meat from the casing and discard latter, add pork meat to the pan with the onion/garlic along with the ground fennel seeds, continue to cook for 7-8 mins or until the pork is cooked through.

Add to the par-cooked pasta along with passata and cream, mix well and season with salt and freshly ground black pepper.

Spoon half into a large, deep ceramic baking dish then tear up mozzarella into 4-5 chunks and dot in the pasta, add the remaining pasta and repeat with second ball of cheese.

Bake in the oven for 35-40 mins or until bubbling.

Serve with freshly grated parmesan on top.