

Spicy Penne Pasta

Ingredients

- 2 spring onions
- 1 carrot
- 1 stick celery
- 1 fresh red chill
- 2 tablespoons olive oil
- 1 pack low protein burger/sausage mix (may need to count as exchanges)
- 2 tablespoons water
- 1 heaped teaspoonful fennel seeds
- 1 teaspoon dried oregano
- Low protein pasta
- 2 cloves of garlic
- 2 tablespoons balsamic vinegar
- ½ x 400g tin of chopped tomatoes
- A few sprigs of basil

Method

1. Put a large frying pan on a high heat.
2. Trim the spring onions, carrot and celery.
3. Roughly chop all the vegetables, then blitz in the food processor with the chillies (stalks removed).
4. Add the low protein burger/sausage mix, 1 heaped teaspoon of fennel seeds and 1 teaspoon oregano. Keep pulsing until well mixed and then spoon the mixture into the hot frying pan with a lug of olive oil, breaking it up and stirring as you go.
5. Fill and boil the kettle. Cook the low protein pasta according to packet instructions.
6. Make sure your sausage mixture was nicely cooked and golden brown.
7. While the pasta is cooking, crush 2 cloves of garlic into the mixture and stir in 2 tablespoons of balsamic vinegar and the tinned tomatoes.
8. Add a little of the starchy water from the pasta to loosen it if needed.
9. Drain the pasta, reserving about a wineglass worth of water.
10. Tip the pasta into the pan of sauce and give it a gentle stir, adding enough of the cooking water to bring it to a silky consistency.
11. Taste, correct the seasoning with salt and pepper. Then tip into a large serving bowl and take straight to the table.

Adapted from Jamie Oliver's Pregnant Jool's Pasta Recipe

National Centre for Inherited Metabolic Disorders