



Sausage meatball pasta bake

Prep: 10 minutes • Cook: 40 minutes • Serves: 4



Ingredients

300g pasta shapes of your choice
400g sausages
1 leek, chopped
1 pepper, chopped
1 small courgette, chopped
1 tin (400g) of chopped tomatoes
1 garlic clove, crushed
20g mozzarella, grated
1 teaspoon dried Italian herbs
1 teaspoon olive oil

- 1** Cook your pasta as instructed, drain and set to one side. Take your sausages, remove the skin and discard. Break each sausage into four and roll into balls.
- 2** Preheat the oven to 180°C / 160°C fan / gas mark 4. Heat the olive oil in a large frying pan and sauté the leeks, pepper and courgette for 2 minutes and then add the sausage balls and cook for 5 more minutes.
- 3** Add the tin of chopped tomatoes to the pan, then fill the empty tomato tin with hot water and add in with the garlic and cook for a further 5 minutes.
- 4** Tip the cooked pasta into the pan with sausage and vegetables, then mix thoroughly.
- 5** Pour the mix into an oven-proof dish.
- 6** Sprinkle with mozzarella and Italian herbs and cook in the oven for 20 minutes. Remove when bubbling and golden and serve in 4 bowls.

Nutritional info

Low phosphate ✓

Low potassium ✓

Carbohydrate **78g**

Low protein ✗

Low salt ✓

Cost per portion (October 2023) **£1.24**

Energy in kcals **639**