



Spicy Rigatoni with Italian Sausage

Preparation Time: 10 mins

Cooking Time: 40 mins

Serves: 4

Difficulty: Ridiculously Easy

INGREDIENTS

1lb/453 grams sweet Italian
1 jar Spicy marinara pasta
sauce
1 yellow onion diced
1 teaspoon minced garlic
1 large capsicum/pepper
sliced
Handful fresh spinach
Chili pepper flakes
1 box rigatoni pasta
Grated mozzarella
Fresh basil chopped

Note: Italian sausage (no skin)
with fennel is the most
flavorsome. Add fennel seeds
if no fennel in sausage.

DIRECTIONS

1. In an oven proof cooking pan put a small amount of olive oil and heat the pan to medium/high.
2. In separate pot, boil water (add a little sea salt and olive oil) and cook rigatoni until al dente then drain.
3. Break sweet Italian sausage into 1-1.5" size balls and cook in pan until cooked most of the way through and set aside.
4. Leave the juices from the Italian sausage in the pan and add diced yellow onion and cook until soft.
5. Add in capsicum/pepper and sauté.
6. Add all remaining ingredients except mozzarella, including sweet Italian sausage and cooked pasta.
7. Mix through thoroughly until pasta sauce coats the rigatoni.
8. Liberally sprinkle grated mozzarella over the top and put in the oven for approximately 20 minutes on 350f/180c.

Note: This dish can be made ahead of time on left on low heat in the oven with a lid on. Remove lid and add mozzarella just before you are ready to serve. If you do not like spicy, switch out for regular marinara sauce.