



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

ITALIAN SAUSAGE & TOMATO CREAM SAUCE

Time: 20 minutes

Serves: 4

Ingredients:

15g extra-virgin olive oil
1 yellow onion - diced
2 cloves garlic - finely chopped or grated
0.5g chili flakes
796ml can San Marzano tomatoes
200ml heavy cream
5g kosher salt
500g Italian sausage links - grilled or pan fried
5g flat-leaf parsley - finely chopped

Preparation:

Place a deep sauté pan on medium heat and add the oil.

Add the onion, garlic and chili flakes, stirring occasionally for three minutes.

Break apart the tomatoes with your fingers and add them to the pan.

Stir in the cream and salt.

Submerge the sausages in the sauce. Bring to a simmer and reduce heat. Simmer partially covered for ten minutes.

Stir in the parsley or sprinkle on top.

Serve immediately.

Nutritional Information Per Serving:

Calories: 570
Fat: 50g
Carbs: 14g
Fibre: 3g

Protein: 17g