

BROCCOLI & SAUSAGE PASTA

Serves 2

Preparation time 5 minutes

Cooking time 15 minutes

1 small onion, finely chopped
100 g (3½ oz) Italian pork sausage
150 g (5 oz) dried pasta
100 g (3½ oz) broccoli, broken into florets

Essentials

1 tablespoon olive oil
pinch of crushed dried chillies
salt

Heat the oil in a frying pan. Add the onion and cook, stirring occasionally, over a low heat for 6–7 minutes until softened.

Split open the sausage and break up the sausagemeat with a fork. Add the sausagemeat chunks and chillies to the pan and increase the heat to medium. Cook, stirring, for 4–5 minutes until the sausagemeat is golden-brown.

Meanwhile, cook the pasta and broccoli in a large saucepan of lightly salted boiling water according to the instructions on the packet until it is al dente. (Don't worry if the broccoli starts to break up; it should be very tender.)

Drain the pasta and broccoli and toss into the frying pan with the sausagemeat.

If liked, stir 25 g (1 oz) of grated pecorino cheese into the sausagemeat mixture and serve with a bowl of extra grated pecorino on the side.

PANCETTA & TOMATO BUCATINI

Serves 2

Preparation time 5 minutes

Cooking time 1 hour

1 small onion, finely chopped
50 g (2 oz) pancetta, cut into cubes
400 g (13 oz) can chopped tomatoes
200 g (7 oz) dried bucatini

Essentials

1 tablespoon olive oil
1 garlic clove, crushed
1–2 teaspoons dried red chilli flakes (to taste)
salt and pepper

Heat the oil in a frying pan. Add the onion and pancetta and cook over a low heat, stirring occasionally, for 7–8 minutes until the onion is soft and the pancetta is golden. Add the garlic and chilli and cook, stirring, for 1 minute, then stir in the tomatoes. Season to taste with salt and pepper and bring to the boil. Reduce the heat and simmer very gently for 40 minutes, adding a little water if the sauce begins to stick. (The sauce can be prepared ahead up to this stage, if you like.) Cook the pasta in a large saucepan of lightly salted boiling water according to the instructions on the packet until it is al dente. Drain, reserving a ladleful of the cooking water. Return the pasta to the saucepan.

If you have already prepared the sauce, heat it through gently before adding it to the pasta. Stir over a medium heat to combine, then add the reserved pasta cooking water and continue stirring until the pasta is well coated and looks silky.

Serve immediately with a scattering of grated Parmesan or pecorino cheese, if liked.