



YSGOL CWM BROMBIL COMMUNITY

Sausage Carbonara

SERVES 2 | JUST 15 MINUTES

Ingredients:

- 150g Tagliatelle or Spaghetti
- 3 Sausages
- 15g Fresh flat-leaf parsley
- 1 Large Egg
- 30g Parmesan Cheese



Method:

1. Cook the pasta in a pan of boiling salted water according to the packet instructions. Drain the pasta once softened.
2. Meanwhile squeeze the sausage meat out of the skins, then, quickly shape into 18 even-sized balls. Season the meatballs with salt and pepper.
3. Cook the sausage meat in a non-stick frying pan on a medium heat with $\frac{1}{2}$ tablespoon of Olive Oil until golden and cooked through, tossing regularly, then turn off the heat.
4. Finely chop the parsley, stalks and all.
5. Beat the egg into a jug or bowl.
6. Finely grate the Parmesan Cheese and into the egg.
7. Toss the drained pasta into the sausage pan, pour the egg mixture and toss together for 1 minute off the heat (the egg will gently cook in the residual heat).
8. Sprinkle on the chopped Parsley.
9. Season to taste with salt and pepper and finely grate over the remaining Parmesan Cheese.
10. Serve 😊