

# SAUSAGE RAGU

**SERVINGS: 4**

**PREP TIME: 5-10 MINUTES**

**TOTAL TIME: 1 HOUR**

## NOTES:



**CONTRIBUTES TO 5 A DAY**



**FREEZE FOR ANOTHER DAY**



**BASIC KITCEHN EQUIPMENT**



**LOW DIFFICULTY**

## INGREDIENTS

**3 TBSP OIL**

**1 ONION, ROUGHLY CHOPPED**

**2 LARGE GARLIC CLOVES, CRUSHED**

**¼ TSP CHILLI FLAKES**

**½ DRIED ROSEMARY OR 2 FRESH  
SPRIGS**

**2 X 4 TINS OF TOMATOES**

**1 TBSP BROWN OR CASTER SUGAR**

**6 PORK SAUSAGES**

**150ML WHOLE MILK**

**1 LEMON, ZESTED**

**350G RIGATONI OR ANY PASTA**

**GRATED PARMESAN OR ANY CHEESE**

**½ SMALL BUNCH PARSLEY, LEAVES  
ROUGHLY CHOPPED (OPTIONAL)**

**OPTIONAL SIDES;**

**VEGETABLES, GARLIC BREAD, GREEN  
SALAD**

**RECIPE ON REVERSE SIDE.**

**CHECK OUT THE AROMA INSTAGRAM  
AND FACEBOOK PAGE FOR  
TUTORIALS AND COOK-ALONG  
SESSIONS.**



ULVERSTON VICTORIA HIGH SCHOOL | [WWW.UVHS.UK](http://WWW.UVHS.UK) | 01229 483900

AROMA CATERING FOUNDATION | [WWW.AROMACATERING.CO.UK](http://WWW.AROMACATERING.CO.UK) | REGISTERED CHARITY NO: 1191099



## METHOD

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**HEAT 2 TBSP OF THE OIL IN A SAUCEPAN OVER A MEDIUM HEAT. FRY THE ONION WITH A PINCH OF SALT FOR 7 MINS.**

**ADD THE GARLIC, CHILLI AND ROSEMARY, AND COOK FOR 1 MIN MORE.**

**TIP IN THE TOMATOES AND SUGAR, AND SIMMER FOR 20 MINS.**

**HEAT THE REMAINING OIL IN A MEDIUM FRYING PAN OVER A MEDIUM HEAT. SQUEEZE THE SAUSAGEMEAT FROM THE SKINS AND FRY, BREAKING IT UP WITH A WOODEN SPOON, FOR 5-7 MINS UNTIL GOLDEN. OR SLICE THE SAUSAGES INTO BITESIZE CHUNKS AND FRY IN THE SAME WAY.**

**ADD THE SAUSAGES TO THE SAUCE WITH THE MILK AND LEMON ZEST, THEN SIMMER FOR A FURTHER 5 MINS.**

**[TO FREEZE, LEAVE TO COOL COMPLETELY AND TRANSFER TO LARGE FREEZERPROOF BAGS OR BOX.]**

**COOK THE PASTA FOLLOWING PACK INSTRUCTIONS. DRAIN AND TOSS WITH THE SAUCE.**

**SCATTER OVER THE PARMESAN CHEESE AND PARSLEY LEAVES TO SERVE.**