

## Sausage Pasta

400g/1lb sausages  
100g/4ozs mushrooms  
100g sliced green beans  
125g/5ozs any small dried pasta such as spirals, bows or shells  
1tbsp oil  
1 medium red onion, finely chopped  
1 clove garlic, peeled and chopped  
1 red or green chilli, de seeded and chopped  
75g/3ozs cheddar cheese, grated  
A handful of cherry tomatoes, halved  
A handful of fresh flat leaf parsley or basil, shredded

### Method:

1. Soak the sausages in cold water and then remove the meat from the skin and break into chunky pieces. Slice the mushrooms. De-string and slice the beans
2. Bring a large pan of salted water to the boil and cook the pasta for about 10 minutes until tender but still retaining a little 'bite'.
3. Meanwhile, heat the oil in a frying pan and fry the sausage meat until brown on the outside. Add the onion and mushrooms and fry until soft. Add the garlic, chilli and beans and fry for another 2 minutes. Season with salt and pepper.
4. Drain the pasta and toss together with the sausage mixture and stir in the cheese and tomatoes and herbs.