

## Italian Sausage & Broccoli Cavatelli Pasta

Recipe by Dani Venn

Prep Time: 30 minutes plus 30 minutes resting

Cook Time: 15 minutes

Serves: 2 – 3

### Ingredients

#### *Pasta Dough*

1 cup semolina flour

1 cup “00” plain flour

¾ cup lukewarm water

Pinch of salt

2 tablespoons extra virgin olive oil

2 good quality Italian sausages

2 cups broccoli florets

2 cloves garlic, diced

1 long red chilli, finely diced

Salt flakes, to season

A few handfuls of grated or shaved parmesan to serve.

### Method

Combine semolina flour, “00” flour and a pinch of salt into a mixing bowl or bowl of an electric mixer fitted with a dough hook. Combine by drizzling in the water to the flour and mix with your hands to combine or mix on low speed if using an electric mixer.

Once dough comes together, lightly flour your bench and knead dough using the palm of your hands for about 5 – 10 minutes or until dough springs back on itself if pressed down with your finger. When smooth, form into a ball and press down to form a flat circle. Wrap in cling wrap and allow to rest at room temperature for about 30 minutes.

To make the pasta sauce, place a medium sized saucepan over medium heat, add olive oil, when hot add your garlic and chilli and sauté for a minute or so, then add in your broccoli and squeeze the meat out of the sausage casing straight into the pan to create little meatballs. Stir well when cooking to ensure everything is evenly cooked. Add a splash more olive oil if required.

To make your cavatelli, take a small piece of dough approx. ¼ of the amount of the dough or less and roll out into a thin sausage shape onto a lightly floured bench. Cut approx. 1 cm rounds or less if the thickness of your dough is wide. Then using your thumb press down on one piece of dough to form a circle then roll the circle onto itself to create a cavatelli shape. Repeat with remaining dough.

Bring a large pot of salted water to the boil, add rolled cavatelli pasta, cook for approx. 2 – 3 minutes. Drain and add immediately to the pasta sauce. Stir well and heat over low heat if needed. Drizzle over extra olive oil if needed. Season with salt flakes and grated parmesan cheese. Serve immediately.

Tips:

Italian style sausages are usually made with pork and fennel, so you could look for this flavour combination too.

You can add extra flavour to this dish by adding some chopped fresh herbs like basil or parsley too.