



LIFELINE RECIPES

September 2022



Make this budget-friendly sausage stroganoff tagliatelle for a simple but tasty dinner. It's on the table in 20 minutes and it might even leave you with some lunchbox leftovers!

METHOD

Heat the butter and oil in a frying pan over a medium-high heat until foaming. Squeeze large chunks of the sausagemeat out of the skins and into the pan. Cook for 5-8 mins or until golden brown. Add the mushrooms and cook for a further 5 mins until starting to turn brown.

Stir through the paprika and cook for 1 min before stirring in the soured cream, mustard and stock. Bring to a simmer and season to taste.

Meanwhile, cook the pasta in a large pan of salted water according to pack instructions, then add to the sauce with half the parsley. Serve in deep bowls with the remaining parsley sprinkled on top.



SAUSAGE STROGANOFF TAGLIATELLE

PREPERATION TIME:

5 mins

COOKING TIME:

15 mins

SERVES:

4

INGREDIENTS

20g unsalted butter

olive oil, for drizzling

6 pork sausages

350g chestnut mushrooms, sliced

1 tsp sweet smoked paprika

300ml soured cream

½ tbs wholegrain mustard

150ml beef stock

400g dried tagliatelle

small bunch parsley, chopped