

FREGOLA SARDA CON SALSICCIA

Serves 6-8

SARDINIAN PASTA WITH SAUSAGE



Ingredients:

500g fregola sarda
500g Tuscan sausage, skinned
150g pecorino cheese, grated
1 bunch of parsley, chopped
50ml lemon oil

Method:

1. Boil fregola in a generous amount of salted water for 10 minutes, drain.
2. While fregola is cooking, fry the skinned sausage in a non-stick pan breaking up with a wooden spoon. Put on a lid and cook gently for 5 minutes stirring occasionally.
3. Mix together the fregola, sausage, parsley, pecorino and lemon oil.



PASTA