

# BLISTERED TOMATO & SAUSAGE PASTA

SERVES 4

PREP 10 MIN | COOK 20 MINS

## Ingredients

- 500g Calamarata Pasta or other short shape
- 100 g Vegan Sausage Links chopped
- 1 1/2 pints of Cherry or Grape Tomatoes
- 1 small Onion chopped
- 4 cloves Garlic crushed or minced
- 6-8 Basil leaves, sliced thinly (reserve some for garnish)
- pinch Red Chilli Flakes
- 2 tsp Balsamic Vinegar
- 1 1/2 Tbsp Avocado Oil
- Salt & Pepper to taste
- 1/2 - 1 cup Pasta Water reserved

## Method

1. Cook the Pasta according to package directions. Reserve 1/2 -1 cup of the Pasta water.
2. While your Pasta is cooking, in a large Sauté pan, cook the Sausage on med-high heat. Cook just until browned then remove from pan and set aside
3. Lower the heat to med , add the Oil to the pan and sauté the Onion until translucent. About 4 minutes.
4. Add in the Tomatoes and cook until they begin to blister or break open. About 6-8 minutes. You can gently help them along by pressing down with a wooden spoon/spatula. It's also ok to leave some intact.
5. Add in the Garlic and Chilli Flakes and continue cooking until fragrant about 2 minutes.
6. Return the cooked Sausage to the pan along with the chopped Basil and Balsamic Vinegar. Lower the heat to med-low and continue cooking for another 2 minutes.
7. Add the cooked Pasta to the pan and mix well. Add the pasta water 1/2 cup at a time to loosen up the sauce. Heat through and serve with Vegan Parmesan



Recipe Credit: [theyummyvegan.com](http://theyummyvegan.com)

