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Bill's spicy sausage pasta

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Preparation time
less than 30 mins

Cooking time
10 to 30 mins

Serves
Serves 2

Simple suppers don't get much better than this, sweet pepper with tasty Italian sausages brought to life with tomatoes and herbs.

By Bill Granger
From Saturday Kitchen

Ingredients

- 4 Italian sausages
- 2 tbsp olive oil
- 1 red onion, cut into wedges
- 2 garlic cloves, crushed
- 400g tin chopped tomatoes
- 1 red pepper, cut into strips
- ½ tsp chilli flakes
- 2 tsp dried oregano

2 tbsp chopped fresh parsley, optional
200g/7oz whole wheat pasta of your choice

Method

1. Put a medium non-stick pan over a high heat and brown the sausages in 1 tablespoon of olive oil. Set the browned sausages to one side.
2. Reduce the heat to a medium flame and sweat the onions and garlic in the remaining oil for 2 minutes. Add the tomatoes, red pepper, chilli, oregano and sausages to the pan. Simmer covered until the red peppers soften (this should take about 10 minutes).
3. Cook the fusilli until al dente (with a bite) according to the packet instructions.
4. Drain the pasta well and put into two bowls with the sauce. Serve with a scatter of chopped parsley over the top.

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