

Spicy sausage and broccoli Shells

Spicy Sausage and broccoli shells

Spicy sausage and broccoli shells is a classic Italian pasta dish that's so easy to make. You'll love that this hearty meal comes together in less than 30 minutes and uses just a handful of ingredients you probably have on hand. It's the perfect weeknight family meal when you want Italian and easy too. It's a delicious easy recipe , combining savory , spicy Italian sausage, crisp broccoli and el dente cooked pasta in a delicious pan sauce packed with flavor , this sausage, broccoli pasta recipe is the ideal meal for busy nights.

Why You'll love this spicy sausage and broccoli shell recipe

Quick and easy: Ready in less than 30 minutes, this sausage and broccoli pasta dish is perfect for busy weeknight family meals. Few ingredients and simple steps means it's as easy as it is delicious.

Bold and savory flavors: The sausage brings a robust, spicy kick, perfectly balanced by the earthy bitterness of the broccoli.

Nutritious and filling: With the protein from the sausage, fiber and vitamins from the broccoli, and the satisfying carbs from the pasta, this dish is filling and packed with good for you ingredients.

Customizable: You can easily customize this pasta recipe by controlling the spice level by choosing a mild, medium or hot sausage or even add or subtract the red pepper flakes. And of course the pasta shape is always optional, although I prefer a short pasta shape, you can use whatever shape fits your taste.

Family- friendly: It's one of those dishes that both kids and adults will enjoy, and you can sneak in extra veggies without much fuss.

This is the kind of meal that's simple enough for weeknight meals, but flavorful enough for Saturday night dinner with friends.

Ingredients

- 1/2 Lb. pasta
- 4 cups trimmed broccoli florets
- 2 links spicy Italian sausage casings removed
- 3 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1 cup chopped onion
- 1 Tbsp. red pepper flakes
- 1 cup chicken stock
- 2 cups pasta water
- grated parmesan cheese

Instructions

1. Start by cooking your pasta *al dente* reserving 2 cups of the pasta water.
2. In the mean time make the sauce in the saute pan over medium high heat in the olive oil saute the sausage until beginning to brown before adding the garlic and onion saute until the onion and garlic are soft and

fragrant. Deglaze the pan with the chicken stock waiting until it evaporates before adding the pasta water. Then simmer the sauce until it thickens, about 15 minutes.

3. Add the al dente cooked pasta. Then in the same pasta water cook the broccoli until fork tender. Mash some of the broccoli and add to the pasta. Adjust your seasoning. Top with grated parmesan cheese and Italian parsley. ENJOY!!!