



Serves 4 • ~25 mins • Easy



BUDGET FAVOURITE

Creamy Sausage Pasta

PASTA & SAUSAGE

- 6 sausages
- 300–400g pasta (spaghetti or a short shape)
- Splash of oil, for frying
- Salt, for the pasta water

SAUCE

- 150ml double cream
- 50–60g parmesan (or cheddar), finely grated, plus extra to serve
- Black pepper
- Green side salad or steamed veg (to serve)

METHOD

- 1 Squeeze the sausage meat out of the skins into a bowl and discard the skins.
- 2 Cook the pasta in salted boiling water for the time shown on the packet. Reserve a mugful of the cooking water before draining.
- 3 Fry the sausage meat in a large saucepan with a splash of oil. Break it into small crumbs with a spoon as it cooks, until browned and crisp — approximately 10 minutes.
- 4 Turn the heat down, pour in the cream, and let it warm through without letting it boil.
- 5 Add the drained pasta to the pan, stir through the parmesan, and loosen with a little of the reserved pasta water until the sauce coats everything glossily.
- 6 Finish with a generous amount of black pepper and extra cheese. Serve with veg alongside, if you like.

GET THE KIDS INVOLVED

- 1 Squeezing sausage meat from skins — super satisfying!
- 2 Grating the cheese — watch fingers near the end.
- 3 Stirring the sauce and watching it all come together.

ARE YOU TEAM CAULIFLOWER OR TEAM SWEET POTATO?



CAULIFLOWER

Cauliflower isn't always white. It can be found growing in bright purple, sunny yellow, orange, and even lime green!

SWEET POTATO

They give you superhero vision! They contain beta-carotene which your body turns into Vitamin A which helps you see in the dark and keeps your eyes super healthy,

WHICH DID YOU CHOOSE?

OUTSIDE BINGO

NEXT TIME
YOU'RE OUTSIDE
EXPLORING, SEE

HOW MANY OF THESE
THINGS YOU
CAN SPOT:



EASY
(peasy)



worm



puddle



daisy

MEDIUM



empty snail shell



ivy leaf



rose

HARD
(getting tricky)



sycamore seed



frog



ladybird

**REALLY
HARD**
(serious challenge)



four leaf clover



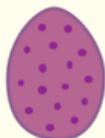
rainbow



gnome

**ALMOST
IMPOSSIBLE**

(but still try)



dinosaur egg



dodo



unicorn poo