

# molly and monty's sausage and crispy bacon pasta with broccoli

by Molly Delaney

## what you will need

8 thin pork sausages  
4 rashers of unsmoked back bacon  
1 broccoli floret  
200g/8oz Pasta  
1 small carton of creme fraiche - low fat  
3 leeks  
2 tomatoes cut into wedges

## get cooking

Cut the bacon and sausages into bite size pieces.

Slice the leeks into 1cm pieces.

Add the bacon, sausage and leeks to a large pan and dry fry- add a tablespoon of water if it starts to stick. Keep stirring and cook the bacon and sausage thoroughly.

Remove the pan from the stove and dab the ingredients with kitchen roll to remove any fat.

Stir in the crème fraiche and return the pan to the heat - warm through on a very low heat.

Cook the pasta and broccoli and add to the pan with the other ingredients. Stir, top with the tomato and serve.

**Serves 4**

**Preparation time = 10mins**

**Cooking time = 30mins**

**Cost per serving =  
less than £1.50**

**5 a day portions  
per serving = 1-2**

## alternatives

Use low fat Greek yoghurt or sour cream instead of the crème fraiche.

## top tips

Dry frying is a good way to cut down on fat in a dish. Sausage and bacon contain fat which leaks out when they cook so you do not need to add extra fat.

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