

Penne with cherry tomatoes, spinach & chorizo



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Preparation 15 mins | Cooking 25 mins | Serves 4

2 chorizo sausages, finely chopped
1 small red onion, chopped
2 garlic cloves, finely chopped
500g ripe cherry tomatoes, halved
500g jar tomato pasta sauce
400g dried penne rigate pasta
40g baby spinach leaves

STEP 1 Heat a medium frying pan over medium-high heat. Add chorizo and cook, stirring often, for 4-5 minutes until crisp. Remove with a slotted spoon and drain on paper towel.

STEP 2 Add onion and garlic to pan and cook, stirring occasionally, over medium heat for 3-4 minutes until tender. Add tomatoes and cook, stirring often, for 2-3 minutes. Stir in tomato pasta sauce, cover and bring to the boil. Reduce heat to medium low and simmer for 10 minutes or until tomatoes are tender.

STEP 3 Meanwhile, cook pasta in a large saucepan of boiling water, following packet directions, until al dente. Drain and return to the pan. Add tomato mixture and gently toss to combine. Toss through spinach until just wilted. Season with salt and pepper to taste and serve.

Good for you... **CHERRY TOMATOES**

Tomatoes are the richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content.

