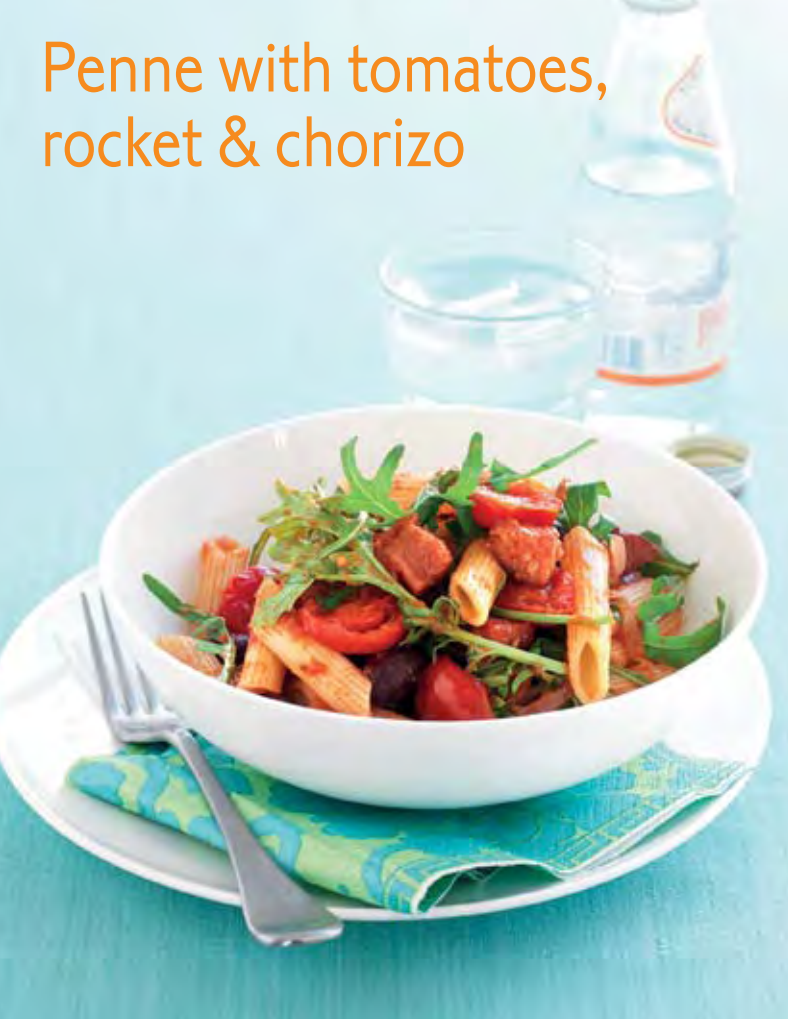


Penne with tomatoes, rocket & chorizo



Penne with tomatoes, rocket & chorizo

Preparation about 15 minutes

Cooking about 15 minutes

Serves 4

400g dried penne rigate pasta
2 chorizo sausages, finely chopped
1 small red onion, halved and thinly sliced
2 garlic cloves, finely chopped
500g cherry tomatoes, halved
500g jar tomato pasta sauce
Salt and ground black pepper
100g Kalamata or black olives
50g wild or baby rocket leaves

1. Cook pasta in a large saucepan of boiling water, following packet directions, until al dente.
2. Meanwhile, heat a non-stick 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. Set aside.
3. Add onion and garlic to pan and cook, stirring occasionally, for 5 minutes until tender. Add cherry tomatoes and cook for 2 minutes. Stir in tomato sauce, cover and bring to the boil.
4. Drain pasta and return to pan. Add tomato mixture and chorizo. Season with salt and pepper to taste. Gently toss to combine. Toss through olives and rocket and serve.



Rocket

- An excellent source of vitamin C and also provides dietary fibre. Vitamin C helps protect the body against infection and is important for healthy teeth and gums.
- A good source of calcium and iron. Calcium is important for strong bones while iron is a vital component of red blood cells.
- The slightly bitter flavour of rocket is an indicator of its valuable antioxidant content. Antioxidants may help boost the body's ability to protect its cells against damaging free radicals.

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