



## EASY, TASTY RECIPES

# SAUSAGE AND SPAGHETTI BAKE

**Juicy sausages and pasta in a  
tasty creamy sauce.**



## INGREDIENTS

### 4 Dinners:

300g Spaghetti  
200ml Milk  
3 Eggs  
15ml Oil  
130g White onions  
4 Sausages  
100g Spinach  
120g Cherry Tomatoes  
Salt & Pepper to taste

## INSTRUCTIONS

1. Place the sausages into a dish and cook in the oven at 180°C for approx. 20 minutes until piping hot and nicely coloured. Remove from the dish and place on some kitchen towel to remove excess fat. Chop into pieces.
2. Whisk together the eggs, milk, 100g of the grated cheese and seasoning. Leave to one side for use later.
3. Place the spaghetti into a pan of boiling water, and cook until al dente, once cooked, drain and rinse using hot water from the kettle, allow to drain.

## CONT.

4. Finely chop the onions and place into a pan with the oil. Gently sauté until the onions have softened and they start to change colour.
5. Once softened add the spinach and the chopped sausage. Continue to cook until the spinach has wilted.
6. Add the cooked spaghetti and mix together.
7. Lightly grease an oven proof dish and add the spaghetti.
8. Pour the egg & milk mixture over the spaghetti, then sprinkle with the remaining cheese.
9. Bake in the oven at 180°C for approx. 25-30 minutes until the mixture is almost set, piping hot and nicely coloured.

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