



**CLONAKILTY**

**ITALIAN SAUSAGE, BROCCOLI AND IRISH YOGURT CLONAKILTY  
HALF FAT CRÈME FRAÎCHE**





## **Italian Sausage, Broccoli and Irish Yogurt Clonakilty Half Fat Crème Fraîche**

Recipe by Chef Eunice Power

### **Ingredients**

- 500g Penne Pasta
- 200g Tender stem broccoli, trimmed and cut each piece into three pieces
- Italian sausages approx. 360g
- 1 heaped tsp fennel seeds
- 1 tsp cracked pepper



- 1 red chillies finely chopped
- 4 garlic cloves, finely chopped
- 1 red onion, chopped
- 4 anchovies
- 300g Irish Yogurts Clonakilty Half Fat Crème Fraîche
- 120g Parmesan and little extra for serving
- 1 lemon
- Fresh Parsley

## **Directions**

- Boil the pasta in salted water until al dente
- Bring another pot of water to the boil and add the broccoli until al dente, drain and set aside
- Break up the sausages into small pieces
- Grind fennel seeds and black pepper together
- In a pan heat a good glug of olive oil and brown off the sausage pieces for 2 minutes until they get some colour, remove and set aside then add the onion, garlic, chilli, anchovies to the pan along with a tablespoon of water cook for 2-3 minutes until the onion has softened
- Then add the ground pepper and fennel then add the broccoli and return the sausage to the pan
- Stir in the Irish Yogurts Clonakilty Half Fat Crème Fraîche, the zest of one lemon , 120g Parmesan and then stir in the pasta
- Serve with extra parmesan and chopped parsley