

MEALTIME HELPER

MAKING MEALTIME EASY

Creamy Tomato & Pork Sausage Linguine - Shopping List

- Pasta
 - 12–14 oz (340–400 g) linguine
- Meat
 - 1 lb (450 g) Italian pork sausage (sweet or spicy), casings removed
- Produce & Herbs
 - 1 medium onion
 - 3 garlic cloves
 - 1/2 lemon (zest + 1 tbsp juice) — optional
 - 2 tbsp fresh basil or parsley (small bunch)
- Canned & Pantry
 - 1 can (14 oz / 400 g) crushed tomatoes or tomato passata
 - 1 tbsp tomato paste (optional)
 - 1/2 cup (120 ml) dry white wine or chicken broth (optional, for deglazing)
- Dairy & Cheese
 - 3/4 cup (180 ml) heavy cream or half-and-half
 - 1/2 cup (50–60 g) grated Parmesan (plus extra for serving)
 - Extra virgin olive oil (optional, for finishing)
- Spices & Seasonings
 - 1/2 tsp red pepper flakes (optional)
 - 1 tsp dried oregano or Italian seasoning
 - 1/2 tsp kosher salt
 - 1/4 tsp freshly ground black pepper
- Optional add-ins / Serving
 - Baby spinach or sliced mushrooms (optional veg additions)
 - Toasted bread or extra Parmesan for serving

Notes:

- Reserve 1 cup pasta cooking water while cooking pasta to adjust sauce consistency.
- Swap half the cream for milk to lighten the dish.