



Recipe and image courtesy of Diabetic Living Magazine

Curried Beef Chipolatas with Pasta

45 MINUTES | SERVES: 4

INGREDIENTS

- 500g Peppercorn Extra Lean Beef Chipolatas
- 1 tsp olive oil
- 1 brown onion, halved, thinly sliced
- 2 tsp curry powder
- 400g can no-added-salt chopped tomatoes
- 250ml (1 cup) water
- 500g pumpkin, peeled, deseeded, cut into small cubes
- 2 zucchini, cut into small pieces
- 150g spiral pasta
- Freshly ground black pepper
- Chopped fresh continental parsley to serve

PREPARATION

1. Heat the oil in a large saucepan on medium. Add the onion and chipolatas. Cook, turning occasionally, for 4-5 minutes or until browned. Add the curry powder. Cook, stirring for 1 minute.
2. Add the tomatoes, water and pumpkin to the pan. Cover and bring to a simmer. Reduce heat to medium-low. Cook partially covered for 15 minutes or until the pumpkin is almost tender. Add the zucchini. Cook for 10 minutes or until the vegetables are tender.
3. Meanwhile, cook the pasta in a medium saucepan of boiling water, follow package directions. Drain.
4. Add the pasta to the pan and stir to combine.
5. Divide the mixture between plates. Season with pepper and sprinkle with parsley to serve.