



Spicy Sausage & Cream Cheese Rigatoni

This dish combines bold jalapeño sausage and smoky roasted peppers with tender pasta in a rich, gochujang-spiked cream cheese sauce. Finished with fresh parsley, garlic, and shallots, it's a perfect balance of heat, creaminess and comfort.

Nutritional Info

Calories: 686 kcal
Carbohydrates: 79 g
Protein: 26 g
Fat: 29 g

Ingredients

- Jalapeño Sausage
- Fresh Parsley
- Roasted peppers
- Garlic
- Shallot
- Gochujang paste
- Low Fat Cream Cheese
- Rigatoni

Your Pantry

- Olive Oil

Allergens

[Wheat \(Pasta, Sausage\)](#)
[Milk \(Cream Cheese\)](#)
[Soybean \(Gochujang paste\)](#)
[Sulphites \(Sausage\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Boil the kettle

2) Prepare the vegetables & sausage meat

Peel and finely chop the shallot and garlic. Slice the roast peppers into strips. Finely chop the parsley. Squeeze the sausage meat out of its casing into a bowl and discard the skins.

3) Cook the pasta

Cook the pasta in a saucepan of boiling water for 8-10 minutes or until the pasta is cooked through. Just before you are about to drain the pasta, scoop a cup of the water out and keep it to one side, then drain the pasta and set aside. While the pasta cooks...

4) Cook the sausage

Place a frying pan or heavy-based saucepan big enough to make the sauce in on a medium heat. Once hot, crumble the sausage meat into the pan. Fry until the sausage meat is well browned and caramelised. Just as the sausage is fully done, drizzle a little water into the pan to scrape up the tasty caramelised bits, then remove the sausage and set aside.

5) Make the sauce

Return the pan to the heat with a little oil if needed. Add the shallot and garlic. Cook for 3-4 minutes or until softened. Add the gochujang paste, roasted peppers, and cream cheese. Return the sausage to the pan, adding enough of the pasta water to create a loose sauce.

6) Finish the dish

Add the pasta and parsley to the sauce, stirring well to coat all the pasta. If it looks a little dry, add in a little more pasta water, plate the dish & enjoy.



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