

# Chicken Sausage Pasta Bake or "Fake-Bake"

Sweet and spicy pasta bake made with chicken sausages. To achieve the sweet and spicy flavor profile use half andouille sausage and half chicken-apple sausage. To change the flavor profile, just change up your sausage flavors.

## Ingredients

- 3 packages Konjac noodles (or one box of Dreamfields pasta)
- 1/2 tsp mineral salt
- 1 pound chicken sausages (any flavor)
- 3 tablespoons coconut oil (divided)
- 1 bell pepper (seeded and sliced)
- 1 large onion (thinly sliced)
- 3 to 4 cloves garlic (chopped)
- 1/2 cup chicken stock
- 1 28-ounce can of crushed tomatoes
- 1/2 tsp dried parsley flakes
- 1/2 tsp dried basil
- 1 cup ricotta cheese
- 1 cup Parmesan cheese (green can is fine)

## Directions

### Prepare pasta and sauce

1. If you are choosing to use Dreamfields pasta, place a pot of water on the stove to boil for pasta. When the water boils, salt it and cook pasta according to the directions on the box.

2. Meanwhile, place chicken sausages in a large, 12-inch skillet with 1 tablespoon coconut oil, Cook over medium-high heat to brown and crisp the casings, 5 to 6 minutes.
3. Preheat oven to 375 degrees if you are using konjac noodles or preheat broiler if you are using Dreamfileds noodles.
4. Remove sausages from the skillet and add 2 tablespoons of coconut oil. Add the onions and allow them to cook for about 6-8 minutes, stirring occasionally to allow them to start to caramelize.
5. Next, add bell peppers and garlic and season with salt.
6. While the vegetables are cooking, slice the peppers at an angle and add them to the peppers and onions. Cook together until peppers and onions are tender and sliced sausages are crisp at the edges.
7. Stir in crushed tomatoes and chicken stock and bring to a bubble, reduce heat to low.
8. Add ricotta cheese, parsley, and basil and stir to combine.

### **To Assemble Baked Pasta with Konjac Noodles**

1. Place half the noodles, sausage, peppers, onions, and sauce mixture in the bottom of a greased 9×13 baking dish. Top 1/2 cup of Parmesan and then the remaining noodles, sausage, and sauce. Cover the top of the dish with the other 1/2 cup Parmesan and cook at 375 degrees for 30 minutes to allow all the flavors to meld and the noodles to soften.

### **To Assemble the "Fake-Baked" pasta with Dreamfields**

1. Place half the sausage, peppers, onions, and sauce in the bottom of a flameproof baking dish. Top with all of the pasta and then the remaining sausage and sauce. Cover the top of the dish with the Parmesan and place until broiled 2-5 minutes to brown cheese and set pasta.