

Creamy Farmer's Sausage & Mushroom Cavatappi

Comfort Food Gets a Farm-Fresh Upgrade

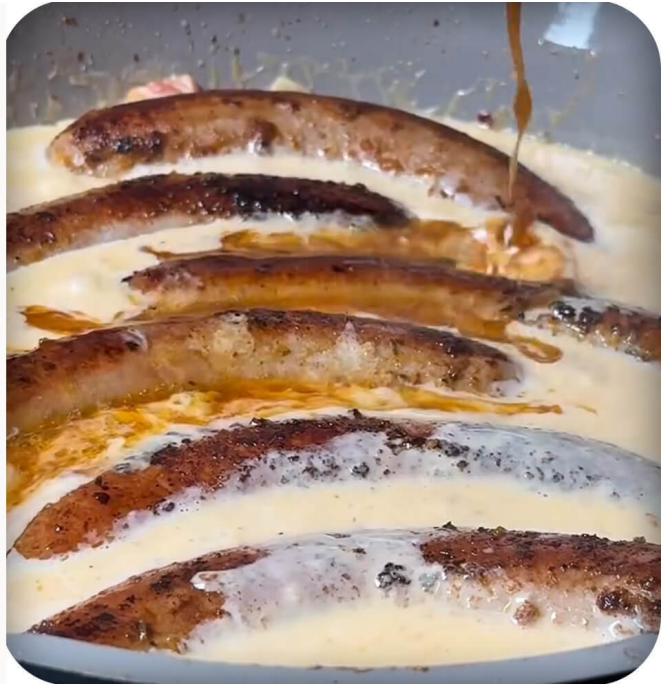
There's comfort food—and then there's comfort food made with real ingredients you trust. This creamy sausage and mushroom cavatappi brings it all: rich flavour, satisfying texture, and just the right touch of heat.

It's built around Nutrafoods' heritage-style Farmer's Sausage—made from ethically raised Ontario pork—and layered with garlic, earthy mushrooms, parmesan, and cream. Tossed with twisty cavatappi pasta, this dish is a guaranteed weeknight win or crowd favourite at your next family dinner.

□ Ingredients (Serves 4)

<li "" dir="ltr" tve-u-689229689ffae5="" style="">3
Nutrafoods Farmer's Sausages (casings removed) <li ""
dir="ltr" tve-u-689229689ffae5="" style="">300g
cavatappi noodles (approx. 3 cups dry) <li ""
dir="ltr" tve-u-689229689ffae5="" style="">1 tbsp olive
oil <li "" dir="ltr" tve-u-689229689ffae5=""
style="">1 small onion, finely chopped <li ""
dir="ltr" tve-u-689229689ffae5="" style="">3 cloves
garlic, minced <li "" dir="ltr" tve-
u-689229689ffae5="" style="">1½ cups mushrooms, sliced
<li "" dir="ltr" tve-u-689229689ffae5="" style="">2
tbsp tomato paste <li "" dir="ltr" tve-
u-689229689ffae5="" style="">1 cup heavy cream <li ""
dir="ltr" tve-u-689229689ffae5="" style="">⅓ cup grated
parmesan cheese <li "" dir="ltr" tve-
u-689229689ffae5="" style="">¼ cup reserved pasta water
<li "" dir="ltr" tve-u-689229689ffae5=""
style="">Salt, to taste <li "" dir="ltr" tve-
u-689229689ffae5="" style="">Black pepper, to taste <li
"" dir="ltr" tve-u-689229689ffae5="" style="">Cayenne
pepper, to taste <li "" dir="ltr" tve-

Chili flakes, to taste
Fresh parsley (optional, for garnish)



□ Instructions

1. Boil Your Pasta