



Our local Polish Deli had what we thought was a version of Salami. It turned out to be dry cured Pork in a wide sausage casing. But not to worry ? this recipe really worked!

Ingredients:-

¼ stick / 175g of Smoked Ham (Polish Sausage style is cheap as chips!) Chopped into 2cm cubes
2 cloves of Garlic grated
1 Large Onion finely sliced
Salt & Pepper to season
Chillies ? 1 red, 1 green finely chopped
Broccoli - cut into small florets
Carrots - cut into small batons
Pasta of your choice
1 handful of grated mature Cheddar Cheese
Grated Italian style Cheese
Mixed herbs

White Sauce:-

Ingredients-

Margarine
Flour (We use Gluten free)
Milk
Salt & Pepper to season

Method:-

- (1) Make a Roux. (margarine and flour)
- (2) Add milk and season. You should end up with a reasonably runny White Sauce.
- (3) Set aside.

- (4) In a large frying pan fry the Onions, Broccoli and Carrots.
- (5) Add the Ham and continue to fry.
- (6) Season with Salt & Pepper and add the Chillies.
- (7) Add grated garlic and mixed herbs to the White Sauce and stir well.
- (8) Bring to the boil a pan and add your Pasta and drain when cooked. (Reserve some of the pasta water)
- (9) Add the White Sauce mixture to the vegetables and gently coat. Add the pasta then add the reserved Pasta water and cook until heated through. (10) Garnish with Italian style Grated Cheese and mixed Herbs.

We served ours with Gluten Free home made Garlic Bread.