

Saiboku Sausage, Asparagus & Zucchini Pasta

サイボクあらびきウインナーとアスパラガスのパスタ

Serves 2



Ingredients

Pasta

- 180 g penne rigate ペンネ

Sausage

- 112 g Saiboku Ara-Biki Wiener (2 links), sliced 1 cm thick あらびきウインナー

Vegetables

Option A – Asparagus Only

- 200 g asparagus, cut into 3–4 cm pieces アスパラガス

Option B – Asparagus & Zucchini (Recommended)

- 120 g asparagus, cut into 3–4 cm pieces アスパラガス
- 80 g zucchini, cut into half-moons ズッキーニ

Aromatics

- 80 g onion, thinly sliced 玉ねぎ
- 10 g garlic (2 cloves), minced にんにく

Sauce & Seasoning

- 1 T / 15 g olive oil オリーブオイル
- 30 g Parmesan cheese, grated パルメザンチーズ
- Zest of ½lemon レモンの皮
- ¼ tsp salt + pinch MSG 塩+MSG
- Black pepper to taste 黒こしょう

Herb Finish

- 1 T / 4 g parsley, finely chopped パセリ
- 5 g basil, torn into small pieces バジル

Instructions

Cook the Pasta

1. Bring a large pot of water to a boil.
 - Cook the penne until al dente according to package directions.
 - Reserve 240 ml pasta water before draining.
 - Drain the pasta and set aside.

Brown the Sausage

2. Heat the **olive oil** in a large skillet.
 - Use **medium heat**. Add the sliced sausage and cook for approximately **4–5 minutes** until lightly browned. Transfer to a plate and reserve for later.

Cook the Vegetables

3. Add the **onion**.

- Cook for **3–4 minutes** until softened.
4. Add the **asparagus** and **zucchini**.
 - Cook for **3–4 minutes**.
 5. Add the **garlic**.
 - Cook for approximately **30 seconds**. Do not allow the garlic to brown.
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Build the Sauce

6. Return the **sausage** to the skillet.
 7. Add the cooked pasta.
 - Toss with the vegetables and sausage.
 8. Add **Parmesan** and **pasta water**.
 - Start with approximately 120 ml pasta water and stir continuously. A glossy sauce should form.
 9. Adjust consistency.
 - Add additional pasta water as needed.
 - The pasta should appear lightly coated rather than dry.
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Finish the Dish

10. Add the finishing ingredients.
 - **Lemon zest**
 - **Parsley**
 - **Basil**
 - **Black pepper**
11. Taste and adjust seasoning.
 - Add additional salt + MSG if needed.

Nutrition

Per Serving

Kcal total: 620 | Protein: 26 g | Fat: 24 g | Sat Fat: 8 g | Carbs: 72 g | Sugars: 5 g | Fiber: 5 g | Sodium: 850 mg | Omega-3: 0.2 g

Notes

- Browning the sausage first develops flavor while preventing overcooking.
- The Saiboku sausages are already fully cooked. The goal is browning and flavor development rather than cooking them through.
- Lemon zest brightens the flavors of the pork, asparagus, zucchini, and Parmesan.
- Using both parsley and basil creates a fresher, more complex herb finish than either herb alone.
- Penne, fusilli, shells, or orecchiette may be substituted successfully.
- Leftovers reheat well the next day with a small splash of water added before reheating.