

Bite Spoon

Sticky Honey Garlic Beef Sausage Pasta Skillet

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb beef sausage, sliced
- [ ] 12 oz short pasta (penne or rigatoni)
- [ ] 2 tbsp olive oil
- [ ] 3 cloves garlic, minced
- [ ] 3 tbsp honey
- [ ] 1 tbsp lemon juice
- [ ] 1/4 cup grated Parmesan

Optional Garnish

- [ ] 2 tbsp fresh parsley, chopped
- [ ] Extra Parmesan for serving

Instructions

1. Bring a pot of salted water to boil, cook pasta until al dente, reserve 1 cup pasta water, then drain.
2. In a large skillet over medium-high heat, add olive oil and sauté the sliced beef sausage until browned, about 4-5 minutes.
3. Add minced garlic, stirring until fragrant (about 30 seconds), then pour in honey and lemon juice. Let the mixture bubble gently, stirring to coat the sausage.
4. Add the cooked pasta to the skillet, toss to combine. If the sauce looks thick, add a splash of the reserved pasta water until glossy.
5. Stir in Parmesan cheese, season with a pinch of salt and pepper, and remove from heat.
6. Garnish with fresh parsley and extra Parmesan, then serve immediately.

Nutrition per serving

420 kcal	22 g	48 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the glaze thickens too quickly, lower the heat and add a little pasta water.
- For a deeper caramel note, let the honey brown lightly before adding lemon juice.
- You can swap beef sausage for turkey ham if you prefer a milder flavor.