



## German Sausage Pasta Bowl

Here's a truly hearty, German-inspired dish featuring German sausage, red cabbage, a Granny Smith apple and Dakota Growers® 1/2" Wide Egg Noodles. Enhance with German-style mustard or Dijon, and freshly chopped parsley.

**YIELD: 8 PORTIONS**  
**PORTION SIZE: 8 OZ**

### Ingredients

### Imperial

### Weight

Ingredients	Imperial	Weight
Dakota Growers 1/2" Wide Egg Noodles 6738798160	1/2 lb	226g
Vegetable oil	2 tsp	9g
Onion, diced	2 c	272g
Red cabbage, sliced	4 c	400g
Bratwurst (or other German sausage)	1/2 lb	227g
Granny Smith apple, cored and sliced	2 c	235g
German-style mustard or Dijon	6 Tbsp	120g
Parsley, chopped	3 Tbsp	11g

### Method of Preparation:

1. Bring a large pot of salted water to a boil. Cook the egg noodles according to package directions. Drain and reserve.
2. Heat a large saucepan over medium heat. Add the oil and onion and cook until the onion starts to brown, about 5 minutes.
3. Add the cabbage and cook until softened, another 5 minutes.
4. Remove the sausage from its casing directly into the pan. Cook using a fork or whisk to break up the sausage into small pieces. Add the apple and continue to cook until it starts to soften and break apart (but not turn to mush), about 3 minutes. Stir in the mustard and egg noodles. Adjust seasoning with salt and pepper if needed.
5. Divide between bowls and sprinkle with parsley.

