

Italian Sausage & Fennel Skillet with Parmesan Polenta

Servings: 2

Prep time: 8 minutes

Cook time: 15 minutes

Total time: 23 minutes

Ingredients

Sausage Skillet:

½ lb Italian sausage (mild or spicy)

½ fennel bulb, thinly sliced

½ onion, thinly sliced

1 garlic clove, minced

1 tbsp olive oil

Salt & pepper

Polenta:

1 cup instant polenta

2 cups water or broth

1 tbsp butter

¼ cup grated parmesan

Pinch salt

Instructions

1. Cook the sausage

Heat olive oil in a skillet over medium-high heat.

Add sausage (remove casing if needed). Break it up with a spatula and cook for 4–5 minutes until browned.

2. Add fennel & onion

Add sliced fennel, sliced onion, and garlic.

Cook for 6–7 minutes until vegetables soften and become slightly caramelized.

3. Season

Add salt and pepper to taste.

Tip: A pinch of red pepper flakes adds lovely heat.

4. Prepare the polenta

Bring 2 cups of water (or broth) to a boil.

Slowly whisk in 1 cup instant polenta.

Reduce heat and whisk for 2–3 minutes until thick and creamy.

5. Add butter + parmesan

Stir in butter and parmesan until melted and smooth.

6. Serve

Spoon creamy polenta into bowls and top with the sausage-fennel mixture.

Notes / Tips

Best sides: roasted broccoli, simple green salad

Add-ins: cherry tomatoes, spinach, kale

Substitutes:

- ✓ turkey sausage
- ✓ chicken sausage
- ✓ plant-based sausage

Extra flavor: splash of white wine when cooking onions