

Plate Dream

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 penne pasta
- [ ] 3 tbsp honey
- [ ] 4 cloves garlic, minced
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp red pepper flakes
- [ ] 2 tbsp fresh parsley, chopped
- [ ] Salt and black pepper to taste

For the Sauce

- [ ] 1/4 cup low-sodium chicken broth
- [ ] 1 tsp Dijon mustard

Instructions

1. Bring a pot of salted water to a boil; cook the pasta until al dente, then drain, reserving 1 cup of the cooking water.
2. While the pasta cooks, heat olive oil in a large skillet over medium-high heat. Add the sliced beef sausage and brown, stirring occasionally, until a deep caramel color appears.
3. Add minced garlic to the skillet; sauté for about 30 seconds until fragrant, being careful not to burn.
4. Stir in honey, Dijon mustard, and chicken broth; let the mixture bubble gently, stirring to dissolve any browned bits.
5. Add the cooked pasta to the skillet along with the reserved pasta water, tossing to coat every noodle in the glossy glaze.
6. Finish with lemon juice, red pepper flakes, salt, and pepper; toss in fresh parsley just before serving.

Nutrition per serving

420 kcal	28 g	45 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, add a splash more pasta water.
- Taste for sweetness before adding lemon; adjust honey if needed.
- For extra depth, you can deglaze the pan with a splash of white wine (optional).