

## Sticky Honey Garlic Sausage Pasta Skillet: Easy One-Pan Dinner

Sticky Honey Garlic Sausage Pasta Skillet: Your New Go-To One-Pan Dinner!



**TIME**  
**5-7 min**

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**ChefManiac**

### INGREDIENTS

8 oz pasta (penne or rotini for best sauce absorption)  
1 lb sausage (Italian, smoked, or chicken sausage), sliced  
3 cloves garlic, minced  
... cup honey  
... cup soy sauce (low sodium preferred)  
1 tbsp apple cider vinegar  
‰ tsp red pepper flakes (optional, adjust for heat preference)  
2 tbsp olive oil  
Salt and pepper, to taste  
Fresh parsley, chopped (for garnish)

#### Swaps and Notes:

**Pasta:** Penne or rotini are excellent choices as their shapes hold onto the sticky sauce well. Other short, sturdy pasta shapes like fusilli or cavatappi would also work.

**Sausage:** The type of sausage is flexible! Italian sausage (mild or spicy), smoked sausage (like kielbasa), or pre-cooked chicken sausage all work wonderfully, offering different flavor profiles.

Ensure it's sliced into even rounds.

**Garlic:** Freshly minced garlic provides the best aromatic flavor for the sauce.

**Honey:** Pure honey adds natural sweetness and stickiness to the sauce. Maple syrup could be a substitute for a different flavor.

**Soy Sauce:** Low sodium soy sauce is recommended to control the overall saltiness of the dish, especially since the sausage and broth might also contribute salt.

**Apple Cider Vinegar:** Adds a crucial tang that cuts through the sweetness of the honey and richness of the sausage.

**Red Pepper Flakes (Optional):** Adds a subtle warmth and balances the sweetness. Adjust quantity to your heat preference.

**Olive Oil:** Used for browning the sausage.

**Fresh Parsley:** Adds a pop of color and fresh herbaceousness at the end.

**Directions:**

**Cook Pasta (Separately):** Bring a large pot of salted water to a boil. Cook the 8 oz pasta (penne or rotini) according to package instructions until al dente (tender but still firm to the bite). Drain the pasta well and set it aside.

**Brown Sausage:** While the pasta cooks, heat 2 tbsp olive oil in a large skillet (a deep, wide skillet or Dutch oven works best) over medium-high heat. Add the sliced sausage and cook until browned on all sides, about 5-7 minutes. If using Italian sausage, break it up slightly. Remove the browned sausage from the skillet and set aside, leaving any rendered fat in the pan.

**SautØ Garlic:** Reduce the heat to medium. Add the minced garlic to the skillet with any residual sausage fat. SautØ for about 30 seconds to 1 minute until fragrant. Be careful not to burn the garlic.

**Prepare Honey Garlic Sauce:** Stir in the honey, soy sauce, apple cider vinegar, and red pepper flakes (if using) into the skillet. Bring the sauce to a gentle simmer, stirring to combine. Let it simmer for 2-3 minutes until it thickens slightly and becomes sticky.

**Combine & Toss:** Return the cooked sausage slices to the skillet with the sticky honey garlic sauce.

Stir to coat the sausage evenly. Add the drained, cooked pasta to the skillet. Toss everything together gently until the pasta and sausage are evenly coated with the luscious sauce.

**Season & Garnish:** Taste the pasta. Season with additional salt and pepper to taste as needed.

Garnish generously with fresh chopped parsley for a pop of color and freshness.

**Serve:** Serve hot directly from the skillet. Enjoy this delicious, comforting, and incredibly easy meal!

**Tips for Success:**

**Don't Overcook Pasta:** Cook pasta to al dente, as it will continue to absorb sauce flavor in the skillet.

**Brown Sausage Well:** Searing the sausage creates a flavorful base for the sauce.

**Watch the Honey Sauce:** Honey can burn quickly, so keep the heat at medium and stir frequently as it simmers.

**Adjust Heat:** The red pepper flakes are optional; adjust the amount to your preferred spice level.

**Fresh Garlic:** Use freshly minced garlic for the best aromatic contribution to the sauce.

**One-Pan Efficiency:** This dish is designed for minimal cleanup by building flavors in one pan.

## DIRECTIONS

1. **Making this :** Sticky Honey Garlic Sausage Pasta Skillet is efficient, with everything coming together in one pan!
2. **Cook : Pasta (Separately):** Bring a large pot of salted water to a boil. Cook the 8 oz pasta (penne or rotini) according to package instructions until al dente (tender but still firm to the bite). Drain the pasta well and set it aside.
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13. **Fresh : Garlic:** Use freshly minced garlic for the best aromatic contribution to the sauce.
14. **One-: Pan Efficiency:** This dish is designed for minimal cleanup by building flavors in one pan.
15. **Serving Suggestions and Pairings:** This Sticky Honey Garlic Sausage Pasta Skillet is a complete and incredibly satisfying meal on its own. It's perfect for a weeknight dinner when you need something quick and delicious, or for a casual family meal.
16. **Serve with a simple green salad with a light vinaigrette to cut through the richness.**
17. **A side of steamed broccoli or asparagus for extra veggies.**
18. **Crusty bread for soaking up any extra sauce.**
19. **For other fantastic comfort food meals featuring sausage or chicken, you might also enjoy my This Tomato Skillet with Okra and Sausage Is My Favorite Quick Dinner Packed with Southern Flavor or my Easy Cheesy Chicken Sliders with Marinara Garlic Butter.**
20. **Storage and Leftover Tips:** Leftover Sticky Honey Garlic Sausage Pasta Skillet can be stored in an airtight container in the refrigerator for up to 3-4 days. The sauce may thicken and be absorbed by the pasta upon cooling. To reheat, gently warm in a skillet on the stovetop over low heat, adding a splash of water or chicken broth to loosen the sauce and re-moisten the pasta. You can also microwave individual portions.
21. **More Recipes You Will Love:** If you loved the savory, sweet, and comforting flavors of this pasta skillet, here are a few more fantastic savory recipes that I think you'll absolutely love:
22. **For a traditional pasta comfort, check out my : Classic Spaghetti Recipe with Homemade Sauce.**
23. **If you're a fan of baked pasta dishes, my : Cheesy Spinach Stuffed Shells are a must-try.**
24. **For a hearty, one-pan chicken and rice meal, my This Mexican Chicken and Rice Casserole Is My Favorite One-Pan Dinner That's Always a Hit is a great option.**
25. **And for easy, cheesy chicken bites, my : Easy Cheesy Chicken Sliders with Marinara Garlic Butter are always a hit!**

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**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/sticky-honey-garlic-sausage-pasta-skillet-easy-one-pan-dinner/>