



# Pork and Fennel Ragu with Parsley and Cheese

**Family** Hands On Time: 10 Minutes • Total Time: 35 Minutes • 1 of your 5 a day

9



Onion



Garlic Clove



Flat Leaf Parsley



Pork and Oregano Sausage Meat



Fennel Seeds



Tomato Purée



Finely Chopped Tomatoes



Pappardelle



Grated Hard Italian Style Cheese

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Fine Grater (or Garlic Press), Frying Pan and Colander.

## Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Pork and Oregano Sausage Meat <b>13</b> <b>14</b> **	225g	340g	450g
Fennel Seeds	½ pot	¾ pot	1 pot
Tomato Purée	1 sachet	2 sachets	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Pappardelle <b>13</b>	200g	300g	400g
Grated Italian Style Hard Cheese <b>7</b> <b>8</b> **	1 pack	1½ packs	2 packs

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	506g	100g
Energy (kJ/kcal)	3146 / 752	622 / 149
Fat (g)	27	5
Sat. Fat (g)	12	2
Carbohydrate (g)	90	18
Sugars (g)	17	3
Protein (g)	36	7
Salt (g)	2.53	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**7**) Milk **8**) Egg **13**) Gluten **14**) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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Packed in the UK

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## 1 Prep the Veggies

Pop a large saucepan of **water** onto boil with ¼ tsp of **salt**. We will use it later for the **pasta**. Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all).



## 2 Fry the Sausage Meat

Heat a splash of **oil** in a large frying pan on medium-high heat. Add the **sausage meat** to the pan, and cook until browned, 5-6 mins, using a wooden spoon to break it up as it cooks. **IMPORTANT:** The sausage meat is cooked when no longer pink.



## 3 Cook the Veggies

Add the **onion** to the **sausage** and cook until softened, 4-5 mins, stirring occasionally. Add the **garlic** and **fennel seeds**. Stir and cook until fragrant, 1 minute. **TIP:** Fennel is quite a strong flavour. If you're not a fan, only use a little to start with. Add in the **tomato purée**, stir and cook for a further 2 mins.



## 4 Simmer the Sauce

Pour the **chopped tomatoes** into your pan, stir together and allow the **ragu** to simmer gently until reduced and thickened, 12-15 mins. Season with **salt** and **pepper**. **TIP:** Add a sprinkle of sugar too (if you have some), it will really lift the flavour of the tomatoes.



## 5 Cook the Pasta

While your **ragu** is cooking, add the **pappardelle** (see ingredients for amount you need) to the boiling **water** and cook until tender, 10 mins. Do any washing up while everything cooks!



## 6 Combine and Serve

Once cooked, drain the **pasta** in a colander and drizzle over a little **olive oil** to stop it sticking together. Add the **pasta** to your **ragu** along with **half** of the **parsley** and **half** the **grated hard Italian style cheese**. Toss together. Serve on plates and top with the remaining **parsley** and **grated hard Italian style cheese**. Buon appetito!

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.