



# Pork Ragu

with Pappardelle and Parmesan



## HELLO PARMESAN

*There are banks in Italy that accept maturing parmesan cheeses as collateral for loans.*



Onion



Garlic Clove



Flat Leaf Parsley



Parmesan Cheese



Tuscan Pork Sausage



Fennel Seeds



Tomato Purée



Diced Tomatoes



Pappardelle

35 mins

3.5 of your 5 a day

Sausage meat is a lazy cook's best friend. It's already packed full of flavour so you can have a tasty dinner on the table in no time. Here it's incorporated into a tomatoey ragu that goes fabulously with wide ribbons of pappardelle pasta.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Put a **Large Saucepan** of water with a pinch of salt on to boil for the pasta. Make sure you've also got a **Fine Grater** (or **Garlic Press**), **Coarse Grater**, **Frying Pan** and **Colander**. Now, let's get cooking!



### 1 PREP THE VEGGIES

Halve, peel and chop the **onion** into roughly ½cm pieces. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Grate the **parmesan cheese**.



### 2 FRY THE SAUSAGE MEAT

Put a splash of **olive oil** in a large frying pan on medium-high heat. Slit the **sausage** skin, remove the **meat** and add to the pan (discard the skin). Use a wooden spoon to break it up and fry until the edges start to crisp, 5 mins.



### 3 COOK THE VEGGIES

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



### 4 SIMMER THE SAUCE

Add the **diced tomatoes** to your pan and allow the **ragu** to simmer gently until reduced and thickened, 12-15 mins. Season with a pinch of **salt** and a grind of **black 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** to the boiling water and cook until 'al dente', 7 mins. **★ TIP:** *'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle.* Taste it as you go to get it just right.



### 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**. Serve on plates and top with the remaining **parsley** and the **parmesan cheese**. **Buon appetito!**

## 2 PEOPLE INGREDIENTS

Onion, chopped	1
Garlic Clove, grated	1
Flat Leaf Parsley, chopped	½ bunch
Parmesan Cheese, grated 7)	20g
Tuscan Pork Sausage 12)	250g
Fennel Seeds	½ tsp
Tomato Purée	30g
Diced Tomatoes	1 tin
Pappardelle 1)	200g

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	707	134
(kJ)	2962	561
Fat (g)	20	4
Sat. Fat (g)	7	1
Carbohydrate (g)	88	17
Sugars (g)	16	3
Protein (g)	40	8
Salt (g)	2.73	0.52

### ALLERGENS

1)Gluten 7)Milk 12)Sulphites

### 👍 THUMBS UP OR THUMBS DOWN?

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