



Pork and Fennel Ragu with Pappardelle

Classic 35 Minutes • 1 of your 5 a day

5



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, Chopping Board, Sharp Knife, 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 13) 14)**	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 13)	200g	300g	400g
Grated Hard Italian Style Cheese 7) 8)**	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 0.25 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.



3 Cook the Veggies

Add the **onion** to the **sausage meat** 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 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. **IMPORTANT:** The sausage meat is cooked when no longer pink.



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** 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!

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.