



# Pork Ragu Pappardelle

with Parsley and Cheese

**CLASSIC** 35 Minutes • 1 of your 5 a day



Onion



Garlic Clove



Flat Leaf Parsley



Pork and Oregano Sausage Meat



Fennel Seeds



Tomato Puree



Finely Chopped Tomatoes



Wheat Pappardelle



Grated Italian Style Hard Cheese

## Before you start

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

### Basic cooking tools you will need:

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

### Ingredients

	2P	3P	4P
Onion**	1	1½	2
Garlic Clove**	2	3	4
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	¾	1
Tomato Puree	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Wheat Pappardelle <b>13)</b>	200g	300g	400g
Grated Italian Style Hard Cheese <b>7) 8)**</b>	1 pack	1½ packs	2 packs

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	507g	100g
Energy (kJ/kcal)	3098 / 741	611 / 146
Fat (g)	27	5
Sat. Fat (g)	12	2
Carbohydrate (g)	88	17
Sugars (g)	17	3
Protein (g)	35	7
Salt (g)	2.66	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

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

**Wheat Pappardelle. Ingredients:** Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

### Contact

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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 wheat 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** 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 it is no longer pink in the middle.*



## 5. Cook the Pasta

While your **ragu** is cooking, add the **wheat pappardelle** 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 **wheat pasta** in a colander and drizzle over a little **olive oil** to stop it sticking together. Add the **wheat pasta** to your **ragu** along with **half** of the **parsley** and **half** the **Grated Italian Style hard cheese**. Toss together. Serve on plates and top with the remaining **parsley** and **Grated Italian Style hard cheese**.

**Buon Appetito!**