

Pork Ragu Pappardelle

with Parsley and Cheese

CLASSIC 35 Minutes • 1 of your 5 a day









Garlic Clove



Flat Leaf Parsley





Fennel Seeds



Tomato Puree



Finely Chopped Tomatoes





Grated Italian Style Hard Cheese



Wheat Pappardelle

Before you start

Our fruit, veggies and herbs need a wash before vou 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 13) 14)**	225g	340g	450g
Fennel Seeds	1/2	3/4	1
Tomato Puree	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Wheat Pappardelle 13)	200g	300g	400g
Grated Italian Style Hard Cheese 7) 8)**	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

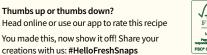
7) Milk 8) Egg 13) Gluten 14) Sulphites

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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Packed in the UK



1. Prep the Veggies

Pop a large saucepan of water onto boil with 1/4 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!