



More Than Food
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Pappardelle with Rich Fennel Pork Ragu

Sometimes you just want to come home and devour a bowl of comforting pasta. Well, we've taken pasta to a whole new level with this recipe. Delicious Tuscan pork sausages from our friends at Roaming Roosters (along with some other yummy ingredients), make for a pretty tasty sauce, and coupled with our beautiful pappardelle pasta, we promise you'll be very happy!



Onion (2)



Garlic Clove (2)



Flat Leaf Parsley (1 bunch)



Tuscan Pork Sausage (1)



Fennel Seeds (2 tsp)



Chopped Tomatoes (2 tins)



Pappardelle (400g)



Parmesan Cheese (40g)

4 PEOPLE INGREDIENTS

- Onion, chopped
- Garlic Clove, chopped
- Flat Leaf Parsley, chopped
- Tuscan Pork Sausage
- Fennel Seeds

2

2

1 bunch

1

2 tsp

• Chopped Tomatoes **2 tins**

• Pappardelle **400g**

• Parmesan Cheese **40g**



Our fruit and veggies may need a little wash before cooking!

Did you know...

The word 'pappardelle' is derived from the verb 'pappare' meaning to gobble up.

Allergens: Sulphites, Gluten, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	783 kcal / 3296 kJ	23 g	8 g	104 g	12 g	39 g	0 g
Per 100g	131 kcal / 550 kJ	4 g	1 g	17 g	2 g	6 g	0 g

2



1 Bring a large pot of water to the boil with a pinch of **salt**.

2 Peel the **onion** and cut in half through the root. Finely chop the **onion**, peel and finely chop the **garlic** and roughly chop the **parsley**.

3 Heat a splash of **olive oil** in a large frying pan on medium-high heat. Cut open the **sausage** (and discard the skin) then fry the **meat** in the pan for 5 mins until the edges start to crisp. **Tip:** Use a wooden spoon to break the meat up into pieces.

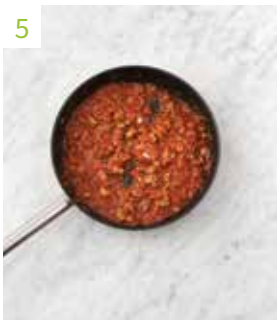
4 Remove your **pork** from the pan and cook your **onion** in the same pan on medium heat for 5 mins (there should be enough oil left in the pan from the pork). Add your **garlic** and **fennel seeds** to the pan and cook for a further 2 mins.

5 Add the **chopped tomatoes** and your **pork** back to the pan and allow to thicken for 8-10 mins. Season with a pinch of **salt** and a grind of **black pepper**. **Tip:** At this point add a sprinkle of sugar (if you have some), to lift the flavour of the tomatoes.

6 While your sauce is cooking, add the **pappardelle** to the boiling water and cook for 7 mins until 'al dente'. **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.

7 Once cooked, drain your **pasta** and add this to your **sauce** along with most, but not all, of your **parsley**. If you feel up to the task, then toss the ingredients together - otherwise gently fold together. Serve your **pasta** into bowls and top with your remaining **parsley** and grate over the **parmesan cheese**.

5



7



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