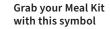


# Italian Pork & Fennel Ribollita

with Israeli Couscous & Garlic Cheese









**Brown Onion** 







Carrot





Pork Mince

Fennel Seeds



Israeli Couscous



Chicken-Style



Tomato Paste







Garlic & Herb Seasoning



Greek Salad Cheese/ Feta Cheese



**Baby Spinach** Leaves

**Pantry items** 

Olive Oil

chilli flakes)

# Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Large saucepan with a lid · Small frying pan

# Ingredients

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
brown onion	1 (medium)	1 (large)	
garlic	3 cloves	6 cloves	
tomato	1	2	
carrot	1	2	
fennel seeds	½ sachet	1 sachet	
pork mince	1 packet	1 packet	
Israeli couscous	1 packet	2 packets	
water*	3 cups	6 cups	
chicken-style stock powder	1 sachet	1 sachet	
tomato paste	½ packet	1 packet	
chilli flakes (optional)	pinch	pinch	
garlic & herb seasoning	1 sachet	1 sachet	
Greek salad cheese/ feta cheese	<b>1 packet</b> (50g)	1 packet (100g)	
baby spinach leaves	1 bag (60g)	<b>1 bag</b> (120g)	

<sup>\*</sup>Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2321kJ (554Cal)	525kJ (125Cal)
Protein (g)	37.9g	8.6g
Fat, total (g)	20.5g	4.6g
- saturated (g)	8.9g	2g
Carbohydrate (g)	54.6g	12.3g
- curare (a)	12 Ωσ	2.90

1603mg

362mg

# **Allergens**

Sodium (mg)

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# Get prepped

Finely chop the **brown onion**, **garlic** and **tomato**. Cut the **carrot** (unpeeled) into 1cm half-moons.



#### Start the ribollita

Heat a large saucepan over a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, **carrot** and **fennel seeds** (see ingredients) until softened, **3-4 minutes**. Add the **pork mince** and 1/2 the **garlic** and cook, breaking up the pork with a spoon, until just browned, **4-5 minutes**.

**TIP:** Fennel has a strong aniseed flavour, use less if you're not a fan!



#### Add the couscous

Add the Israeli couscous and tomato to the pork and cook, stirring to combine, 1 minute. Add the water, chicken-style stock powder, tomato paste (see ingredients), a pinch of chilli flakes (if using) and the garlic & herb seasoning. Bring to the boil, then reduce to a simmer until slightly thickened, 14 minutes.



# Make the garlic feta

While the ribollita is simmering, heat a small frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the remaining **garlic** until fragrant, **1 minute**. Transfer the **garlic oil** to a small bowl. Crumble the **cheese** into the **garlic oil** and stir to combine. Season to taste with **pepper**. Set aside. Roughly chop the **baby spinach leaves**.



## Finish the ribollita

Add the **baby spinach** to the **ribollita** and cook until wilted, **1-2 minutes**. Season to taste.



## Serve up

Divide the Italian pork and fennel ribollita between bowls. Top with the garlic cheese.

Enjoy!