



Italian Pork & Fennel Ribollita

with Israeli Couscous & Garlic Crumbly Cheese

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Tomato



Carrot



Fennel Seeds



Pork Mince



Israeli Couscous



Chicken-Style Stock Powder



Tomato Paste



Chilli Flakes (Optional)



Garlic & Herb Seasoning



Greek Salad Cheese/ Feta Cheese



Baby Spinach Leaves

Hands-on: 20-30 mins
Ready in: 35-45 mins

Spicy (optional chilli flakes)

Calorie Smart

This hearty pork and fennel soup that's hailed from Tuscany is just what the doctor ordered. With tender pearls of Israeli couscous, a touch of heat from the chilli flakes and a finishing crumble of garlic cheese, this is the type of recipe that'll soon become a dinnertime staple.

Pantry items

Olive Oil

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 · Small frying pan

Ingredients

	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 (5g)	1 sachet (10g)
tomato paste	½ packet	1 packet
chilli flakes (optional)	pinch	pinch
garlic & herb seasoning	1 sachet	1 sachet
Greek salad cheese/ feta cheese	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2331kJ (557Cal)	518kJ (124Cal)
Protein (g)	37.4g	8.3g
Fat, total (g)	19.8g	4.4g
- saturated (g)	8.8g	2g
Carbohydrate (g)	57.5g	12.8g
- sugars (g)	10.2g	2.3g
Sodium (mg)	1478mg	329mg

The quantities provided above are averages only.

Allergens

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**. Thinly slice the **carrot** into half-moons.



Start the ribollita

Heat a large saucepan over a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, **fennel seeds** (see ingredients) and **carrot** 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 garlicky cheese

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 mixture** to a small bowl, then crumble in the **cheese** and stir to combine. Season with **pepper**. Set aside. Roughly chop the **baby spinach leaves**.



Finish the ribollita

When the ribollita is done, add the **baby spinach** 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 crumbly cheese to serve.

Enjoy!