

# Italian Pork & Fennel Ribollita

with Israeli Couscous & Garlic Crumbly Cheese

Grab your Meal Kit with this symbol



### Recipe Update

Our suppliers have been affected by the recent adverse weather conditions and COVID-related labour shortages, which is impacting the availability of some ingredients. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Onion



Garlic



Tomato



Carrot



Celery



Fennel Seeds



Pork Mince



Israeli Couscous



Chicken-Style Stock Powder



Tomato Paste



Chilli Flakes (Optional)



Garlic & Herb Seasoning



Greek Salad Cheese/  
Feta Cheese



Grated  
Parmesan  
Cheese

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

Calorie Smart

Spicy (optional chilli flakes)

This hearty pork and fennel soup that's hailed from Tuscany is just what the doctor ordered. With tender risoni, 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.



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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 with a lid · Small frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
tomato	1	2
carrot	1	2
celery	1 stalk	2 stalks
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)
grated Parmesan cheese**	1 packet (30g)	1 packet (60g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2331kJ (557Cal)	518kJ (124Cal)
Protein (g)	38g	8.4g
Fat, total (g)	20.4g	4.5g
- saturated (g)	9g	2g
Carbohydrate (g)	55.3g	12.3g
- sugars (g)	10.4g	2.3g
Sodium (mg)	1488mg	331mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2567kJ (614Cal)	552kJ (132Cal)
Protein (g)	43g	9.2g
Fat, total (g)	24.4g	5.2g
- saturated (g)	11.6g	2.5g
Carbohydrate (g)	55.3g	11.9g
- sugars (g)	10.4g	2.2g
Sodium (mg)	1594mg	343mg

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

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## Get prepped

Finely chop the **onion**, **garlic** and **tomato**. Thinly slice the **carrot** into half-moons. Finely chop the **celery**.



## Start 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**.



## Start the ribollita

Heat a large saucepan over a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, **celery**, **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!



## Finish the garlicky cheese

Transfer the **garlic oil** mixture to a small bowl, then crumble in the **cheese** and stir to combine. Season with **pepper**. Set aside.



## 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 the heat to a simmer and cook until slightly thickened, **14 minutes**.



## Serve up

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

### CUSTOM RECIPE

If you've added grated Parmesan cheese to your meal, sprinkle it over the ribollita to serve.

Enjoy!