

Italian Pork & Fennel Ribollita

with Israeli Couscous & Garlic Crumbly Cheese

Grab your Meal Kit with this symbol



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



Salad Leaves

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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 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 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
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)
salad leaves	1 medium bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2315kJ (553Cal)	529kJ (126Cal)
Protein (g)	37.9g	8.7g
Fat, total (g)	20.7g	4.7g
- saturated (g)	9g	2.1g
Carbohydrate (g)	52.3g	12g
- sugars (g)	9.8g	2.2g
Sodium (mg)	1405mg	321mg

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 **onion**, **garlic** and **tomato**. Thinly slice **carrot** into half-moons.



Start the ribollita

Heat a large saucepan over medium-high heat with a drizzle of **olive oil**. Cook **onion**, **fennel seeds** (see ingredients) and **carrot** until softened, **3-4 minutes**. Add **pork mince** and 1/2 the **garlic** and cook, breaking up 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 **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 **garlic & herb seasoning**. Bring to the boil, then reduce the heat to a simmer and cook until slightly thickened, **14 minutes**.



Make the garlicky cheese

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



Finish the ribollita

When the ribollita has simmered, add **salad leaves** and cook until wilted, **1-2 minutes**. Season to taste with **salt** and **pepper**.



Serve up

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

Enjoy!