

Italian Pork & Fennel Ribollita

with Israeli Couscous

Grab your Meal Kit with this symbol



Onion



Garlic



Tomato



Carrot



Fennel Seeds



Israeli Couscous



Chicken-Style Stock Powder



Tomato Paste



Garlic & Herb Seasoning



Baby Spinach Leaves



Pork Mince



Beef Mince

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 35-45 mins

 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 and flavourful veggies, 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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
tomato	1	2
carrot	1	2
fennel seeds	½ sachet	1 sachet
pork mince	1 small packet	1 medium packet
Israeli couscous	1 packet	2 packets
water*	3 cups	6 cups
chicken-style stock powder	1 sachet	1 sachet
stock powder (5g)	(5g)	(10g)
tomato paste	½ packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
baby spinach leaves	1 small bag	1 medium bag
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2009kJ (480Cal)	489kJ (117Cal)
Protein (g)	33.3g	8.1g
Fat, total (g)	14.7g	3.6g
- saturated (g)	5.1g	1.2g
Carbohydrate (g)	52g	12.7g
- sugars (g)	9.7g	2.4g
Sodium (mg)	1137mg	277mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2300kJ (550Cal)	560kJ (134Cal)
Protein (g)	37.5g	9.1g
Fat, total (g)	19.2g	4.7g
- saturated (g)	7.9g	1.9g
Carbohydrate (g)	52g	12.7g
- sugars (g)	9.7g	2.4g
Sodium (mg)	1116mg	272mg

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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW43



Get prepped

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



Prep the greens

- Meanwhile, roughly chop **baby spinach leaves**.



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 **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!

Custom Recipe: If you've added beef mince to your meal, cook beef in the same way as above.



Finish the ribollita

- When the ribollita has simmered, add **baby spinach** and stir through until wilted, **1-2 minutes**. Season to taste.



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) and **garlic & herb seasoning**.
- Bring to the boil, then reduce heat to a simmer and cook until slightly thickened, **14 minutes**.

TIP: For best results, drain the oil from the pan before cooking the sauce.



Serve up

- Divide Italian pork and fennel ribollita between bowls. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate