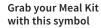
# Italian Pork & Fennel Ribollita

with Israeli Couscous















Carrot

Tomato





Fennel Seeds

Israeli Couscous





Chicken-Style Stock Powder







Garlic & Herb Seasoning





Pork Mince

**Baby Spinach** 

Leaves

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.



**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

0		
	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 (5g)	1 sachet (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)

<sup>\*</sup>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.



## 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 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.



### 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.



## Prep the greens

• Meanwhile, roughly chop baby spinach leaves.



## Finish the ribollita

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



## Serve up

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





Rate your recipe