



PORK & FENNEL FETTUCCINE

with Garlic-Parsley Pangrattato



Make a garlic & parsley crumb to top your pasta



Garlic



Parsley



Celery



Courgette



Carrot



Panko Breadcrumbs



Fettuccine



Pork Mince



Fennel Seeds



Chilli Flakes (Optional)



Crushed & Sieved Tomatoes



Pure Cream



Grated Parmesan Cheese

Hands-on: **20 mins**
Ready in: **30 mins**
Spicy (optional chilli flakes)

Salt and pepper, meat pie and sauce, pavlova and cream – some things just belong together! Now it's time to add pork and fennel to that list, just taste the way the fragrant spice adds depth and flavour to tender pork mince in this pasta sauce. Top the whole thing off with a crisp pangrattato and Parmesan and that's what we call a perfect match!

Pantry Staples: Olive Oil, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium saucepan** • **large frying pan**



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Finely chop the **garlic** (or use a garlic press). Pick and finely chop the **parsley** leaves. Thinly slice the **celery**. Grate the **courgette** and **carrot** (unpeeled).



2 MAKE THE PANGRATTATO

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **panko breadcrumbs** (see ingredients list) and cook, stirring, for **2-3 minutes** or until golden. Add **1/3** of the **garlic** and cook for **1 minute** or until fragrant. Transfer to a small bowl. Season with **salt** and **pepper** and stir through the **parsley**.



3 COOK THE PASTA

Add the **fettuccine** to the saucepan of boiling water and cook for **8 minutes**, or until 'al dente'. Drain, reserving some **cooking water** (**1/4 cup for 2 people / 1/2 cup for 4 people**).



4 COOK THE VEGGIES & PORK

While the pasta is cooking, return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **celery**, **courgette** and **carrot** and cook for **3-4 minutes** or until softened. Add the **pork mince** and cook, breaking up with a wooden spoon, for **3-4 minutes** or until browned. Push everything to one side of the pan and heat the **olive oil** (**1 1/2 tbs for 2 people / 3 tbs for 4 people**) in the empty space. Add the **fennel seeds** (see ingredients list), **remaining garlic** and a **pinch** of **chilli flakes** (if using) to the hot oil. Cook for **1-2 minutes** or until fragrant. **TIP:** *Fennel is strong, use less if you're not a fan! Frying the spice separately helps bring out its flavour.*



5 ADD THE SAUCE

Add the **crushed & sieved tomatoes** (see ingredients list) to the frying pan and stir to combine the flavoured oil, pork and veggies. Add the **salt**, **brown sugar** and **reserved cooking water** and simmer for **2 minutes**. Reduce the heat to low and stir through the **pure cream** (**1/4 cup for 2 people / 1/2 cup for 4 people**). Add the cooked **fettuccine** and toss to combine in the sauce. Season to taste with **salt** and **pepper**. **TIP:** *Add a dash more water if the sauce looks dry.*



6 SERVE UP

Divide the pork & fennel fettuccine between bowls and top with the **grated Parmesan cheese** (see ingredients list) and some garlic-parsley pangrattato. **TIP:** *Store any leftover crumb in an airtight container for up to 3 days and use it to top veggies, eggs, meat or fish!*

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
parsley	1 bunch	1 bunch
celery	1 stalk	2 stalks
courgette	1	2
carrot	1	2
panko breadcrumbs	¼ packet	½ packet
fettuccine	1 packet	2 packets
pork mince	1 packet	1 packet
fennel seeds	½ sachet	1 sachet
chilli flakes (optional)	pinch	pinch
crushed & sieved tomatoes	½ tin (200 g)	1 tin (400 g)
salt*	½ tsp	1 tsp
brown sugar*	1 tsp	2 tsp
pure cream	½ tub (¼ cup)	¾ tub (½ cup)
grated Parmesan cheese	½ packet	¾ packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3720kJ (889Cal)	620kJ (148Cal)
Protein (g)	47.8g	8.0g
Fat, total (g)	34.7g	5.8g
- saturated (g)	14.7g	2.5g
Carbohydrate (g)	90.9g	15.1g
- sugars (g)	14.8g	2.5g
Sodium (g)	1010mg	168mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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