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## Pappardelle with Rich Fennel Pork Ragu

Sometimes you just want to come home and devour a bowl of comforting pasta. Well, we've taken pasta to a whole new level with this recipe. Delicious Tuscan pork sausages from our friends at Roaming Roosters (along with some other yummy ingredients), make for a pretty tasty sauce, and coupled with our beautiful pappardelle pasta, we promise you'll be very happy!



Onion (1)



Garlic Clove (1)



Flat Leaf Parsley  
(½ bunch)



Tuscan Pork Sausage  
(1)



Fennel Seeds  
(1 tsp)



Chopped Tomatoes (1 tin)



Pappardelle (200g)



Parmesan Cheese  
(20g)

## 2 PEOPLE INGREDIENTS

- Onion, chopped
- Garlic Clove, chopped
- Flat Leaf Parsley, chopped
- Tuscan Pork Sausage
- Fennel Seeds

- Chopped Tomatoes **1 tin**
  - Pappardelle **200g**
  - Parmesan Cheese **20g**
- 1**  
**1**  
**½ bunch**  
**1**  
**1 tsp**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

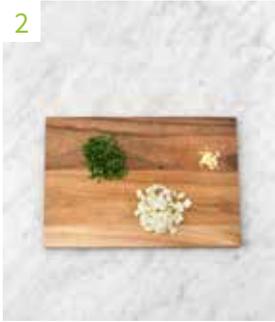
The word 'pappardelle' is derived from the verb 'pappare' meaning to gobble up.

**Allergens:** Sulphites, Gluten, Milk.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
<b>Per serving</b>	783 kcal / 3296 kJ	23 g	8 g	104 g	12 g	39 g	0 g
<b>Per 100g</b>	131 kcal / 550 kJ	4 g	1 g	17 g	2 g	6 g	0 g

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**1** Bring a large pot of water to the boil with a pinch of **salt**.

**2** Peel the **onion** and cut in half through the root. Finely chop the **onion**, peel and finely chop the **garlic** and roughly chop the **parsley**.

**3** Heat a splash of **olive oil** in a large frying pan on medium-high heat. Cut open the **sausage** (and discard the skin) then fry the **meat** in the pan for 5 mins until the edges start to crisp. **Tip:** Use a wooden spoon to break the meat up into pieces.

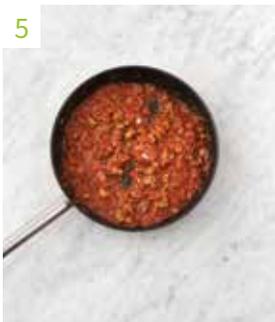
**4** Remove your **pork** from the pan and cook your **onion** in the same pan on medium heat for 5 mins (there should be enough oil left in the pan from the pork). Add your **garlic** and **fennel seeds** to the pan and cook for a further 2 mins.

**5** Add the **chopped tomatoes** and your **pork** back to the pan and allow to thicken for 8-10 mins. Season with a pinch of **salt** and a grind of **black pepper**. **Tip:** At this point add a sprinkle of sugar (if you have some), to lift the flavour of the tomatoes.

**6** While your sauce is cooking, add the **pappardelle** to the boiling water and cook for 7 mins until 'al dente'. **Tip:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle - taste it as you go to get it just right.

**7** Once cooked, drain your **pasta** and add this to your **sauce** along with most, but not all, of your **parsley**. If you feel up to the task, then toss the ingredients together - otherwise gently fold together. Serve your **pasta** into bowls and top with your remaining **parsley** and grate over the **parmesan cheese**.

5



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