



Easy Pork & Fennel Spaghetti Bolognese

with Parmesan Cheese



Add fennel seeds to a traditional bolognese



Garlic



Zucchini



Red Onion



Spaghetti



Pork Mince



Flaked Parmesan Cheese



Parsley



Fennel Seeds



Chilli Flakes (Optional)



Passata



Baby Spinach Leaves

Pantry Staples: Olive Oil, Sugar, Balsamic Vinegar

Hands-on: **30** mins
Ready in: **35** mins
Spicy (optional chilli flakes)

Woohoo, spag bol night! There's a reason this dish is so beloved in Australia – it's downright delicious. Tonight, we're adding classic Italian pork and fennel for a very special touch.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **large saucepan, chef's knife, chopping board, garlic crusher, colander, large frying pan, wooden spoon** and a **fine grater**.



1 GET PREPPED

Bring a large saucepan of salted water to the boil. Finely chop the **red onion**. Chop the **zucchini** into 1 cm pieces. Peel and crush the **garlic**.



2 COOK THE SPAGHETTI

Add the **spaghetti (use suggested amount)** to the saucepan of boiling water and cook for **8-10 minutes**, or until 'al dente'. **TIP:** 'Al dente' means the pasta is cooked through, but still has a bit of firmness in the middle. Drain, return to the saucepan and **drizzle** with **olive oil** to prevent sticking.



3 COOK THE PORK MINCE

While the spaghetti is cooking, heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **pork mince** and cook, breaking up with a wooden spoon, for **3-4 minutes**, or until browned. Add the **red onion** and **zucchini** and cook for **4 minutes**, or until soft. Add the **fennel seeds (use suggested amount)** and **garlic** and cook for **1-2 minutes**, or until fragrant. **TIP:** Use more or less fennel seeds depending on your taste preference!



4 ADD THE SAUCE

Add the **passata, balsamic vinegar, sugar, salt (use suggested amount)** and **chilli flakes** (if using) to the pork mince and mix well. **TIP:** Some like it hot but if you dont, just hold back on the chilli flakes. Simmer for **5 minutes**, or until slightly thickened. Season with a **pinch** of **pepper** and add the **baby spinach leaves**. Stir through for **1 minute**, or until wilted. Add the cooked **spaghetti** and toss until coated in the sauce.



5 PREPARE THE GARNISH

While the sauce is simmering, pick and finely chop the **parsley** leaves.



6 SERVE UP

Divide the pork and fennel spaghetti bolognese between bowls and sprinkle over the **flaked Parmesan cheese** and parsley.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
spaghetti	1 packet (200 g)	½ packet (400 g)
pork mince	1 packet	1 packet
fennel seeds	½ sachet	1 sachet
passata	1 box (500 g)	2 boxes (1 kg)
balsamic vinegar*	1 tbs	2 tbs
sugar*	½ tsp	1 tsp
salt*	½ tsp	1 tsp
chilli flakes (optional)	1 pinch	1 pinch
baby spinach leaves	1 bag	1 bag
parsley	1 bunch	1 bunch
flaked Parmesan cheese	1 packet (30 g)	2 packets (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3210kJ (767Cal)	414kJ (99Cal)
Protein (g)	52.6g	6.8g
Fat, total (g)	14.8g	1.9g
- saturated (g)	7.8g	1.0g
Carbohydrate (g)	96.1g	12.4g
- sugars (g)	21.2g	2.7g
Sodium (g)	996mg	129mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2018 | WK11

HelloFRESH