



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: **35 mins**
Ready in: **40 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: **chef's knife, chopping board, large saucepan, garlic crusher, colander, large frying pan** and a **wooden spoon**.



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 **5-6 minutes**, or until soft. Add the **fennel seeds** (if using) 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**. Top the adult's portions with the parsley.

Enjoy!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
red onion	2
zucchini	2
garlic	4 cloves
spaghetti	½ packet (400 g)
pork mince	1 packet
fennel seeds (optional)	1 sachet
passata	2 boxes (1 kg)
balsamic vinegar*	2 tbs
sugar*	1 tsp
salt*	1 tsp
chilli flakes (optional)	1 pinch
baby spinach leaves	1 bag
parsley	1 bunch
flaked Parmesan cheese	2 packets (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3170kJ (757Cal)	422kJ (101Cal)
Protein (g)	51.7g	6.9g
Fat, total (g)	14.5g	1.9g
- saturated (g)	7.7g	1.0g
Carbohydrate (g)	95.5g	12.7g
- sugars (g)	21.0g	2.8g
Sodium (g)	1080mg	143mg

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

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