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Pork & Veal Rigatoni Bolognese

Traditionalists will tell you that Bolognese just ain't right unless it's made with pork and veal mince. Enjoy this trip back to the old country with a dish that's as comforting as a hug from Nonna in the kitchen. Big ups to rigatoni for collecting all of that lovely sauce too.



Prep: 10 mins

Cook: 35 mins

Total: 45 mins



level 1



nut free



high protein

Pantry Items



Olive Oil



Red Wine



Sugar



Brown Onion



Carrot



Garlic



Pork & Veal Mince



Diced Tomatoes



Tomato Paste



Parsley



Rigatoni Pasta



Parmesan Cheese

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2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
1	2	brown onion, finely chopped
1	2	carrot, peeled & finely chopped
1 clove	2 cloves	garlic peeled & crushed
1 packet	2 packets	pork & veal mince
1 tin	2 tins	diced tomatoes
1 tbs	2 tbs	red wine *
1 tbs	2 tbs	tomato paste
1 tsp	2 tsp	sugar *
1 bunch	2 bunches	parsley, finely chopped
200 g	400 g	rigatoni pasta
½ block	1 block	Parmesan cheese, grated

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3270	Kj
Protein	48.5	g
Fat, total	21.2	g
-saturated	6.9	g
Carbohydrate	91.6	g
-sugars	17.3	g
Sodium	302	mg

1a



1b



1c



2



You will need: *chef's knife, chopping board, vegetable peeler, garlic crusher, box grater, medium frying pan, wooden spoon, large saucepan and colander.*

1 Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **brown onion** and **carrot** and cook, stirring, for **7-8 minutes** or until soft. Add the **garlic** and cook for a further **1 minute** or until fragrant. Add the **pork and veal mince** and cook, breaking up with a wooden spoon, for **5 minutes** or until browned. Add the **diced tomatoes** and **red wine** and bring to the boil. Stir through the **tomato paste** and **sugar**. Cover with a lid and simmer over a medium-low heat for **15 minutes**. Remove the lid and cook, uncovered, for a further **5 minutes**, until it thickens slightly. Stir through half of the **parsley** and season to taste with **salt** and **pepper**.

2 Meanwhile, bring a large saucepan of salted water to the boil. Add the **rigatoni pasta** to the boiling water and cook for approximately **10 minutes** or until 'al dente', stirring regularly to ensure the rigatoni does not stick. Drain. Return to the pot and stir the bolognese sauce through the rigatoni to coat well.

3 Divide the rigatoni bolognese between bowls. Garnish with the remaining parsley and **Parmesan cheese**.

Did you know? Parsley is a good source of minerals like potassium, calcium, manganese, iron, and magnesium.