



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT:
BABY FENNEL

Fennel can be eaten raw or cooked. It's delicious shaved into fresh salads, braised in stews or roasted.



2. PORK BOLOGNESE

Quick and easy pork mince bolognese with extra flavour from fennel and fresh marjoram. Topped with parmesan cheese to serve.

 20 Minutes

 2 Servings

23 March 2020

FROM YOUR BOX

PENNE PASTA	250g
SPRING ONIONS	2
BABY FENNEL	1
MARJORAM	1/2 packet *
GARLIC CLOVE	1
PORK MINCE	300g
TOMATO SUGO	1 jar (350g)
KALE COLESLAW	1/2 bag (200g) *
SHAVED PARMESAN CHEESE	1/2 packet *

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil (for cooking, salt, pepper, balsamic vinegar, white or red wine vinegar)

KEY UTENSILS

saucepan, large frypan

NOTES

If not a fan of marjoram, you can add fennel seeds or dried oregano instead.

No pork option - pork mince is replaced with chicken mince. Cook as per recipe.

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to the packet instructions or until cooked al dente. Drain and rinse briefly.



2. SAUTÉ THE VEGETABLES

Heat a pan with **oil** over medium heat. Slice spring onions and fennel, add to pan as you go along with marjoram leaves (see notes) and crushed garlic. Season with **salt**.



3. SIMMER THE BOLOGNESE

Increase temperature to high, add pork mince and cook for 5 minutes, breaking up lumps with a wooden spoon. Pour in tomato sugo, **1/4 jar water** and simmer for 7-8 minutes.



4. DRESS THE SLAW

Toss kale coleslaw in a bowl with **1 tbsp olive oil, 1/2 tbsp white or red wine vinegar, salt and pepper**.



5. TOSS IN THE PASTA

Add drained pasta to sauce and toss in the pan to combine. Season with **1 tsp balsamic vinegar, salt and pepper**.



6. FINISH AND PLATE

Serve pork bolognese topped with shaved parmesan cheese alongside slaw.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

