



### Product Spotlight: Polenta

Polenta is made from ground corn and is quite versatile. It can be used in both sweet and savoury dishes and is gluten-free!



## G4 Pork and Fennel Ragu with Creamy Polenta and Greens

Rich and warming tomato ragu with pork mince and fennel, served over creamy polenta and greens sautéed with minced garlic.

 30 minutes

 4 servings

 Pork

29 July 2022

## Bulk it up!

*If you want to bulk up this meal, add some tinned white or cannellini beans (drained), chopped pork sausages, diced tomatoes or sliced celery to the ragu.*

Per serve: **PROTEIN** 36g **TOTAL FAT** 19g **CARBOHYDRATES** 29g

## FROM YOUR BOX

PORK MINCE	600g
TOMATO PASTE	2 sachets
FENNEL	1
CARROTS	2
CHERRY TOMATOES	1 bag (400g)
BROCCOLINI	1 bunch
ENGLISH SPINACH	1 bunch
ROSEMARY	1 sprig
POLENTA	1 packet (250g)

## FROM YOUR PANTRY

oil for cooking, olive oil, butter, salt, pepper, fennel seeds, balsamic vinegar, 1 garlic clove

## KEY UTENSILS

large frypan, saucepan, small frypan

## NOTES

Finely dice fennel and grate carrot if you need to hide vegetables from fussy eaters.

Crumble a stock cube into the boiling water for extra flavour. You can add your favourite cheese, cream, or milk to the polenta for extra creaminess.

Garnish with dried chilli flakes and finely grated parmesan if desired.



### 1. COOK THE PORK MINCE

Bring a saucepan with **1.3 L water** to a boil (see step 5).

Heat a large frypan over medium-high heat. Add pork mince and use back of cooking spoon to break up. Cook for 4-6 minutes until beginning to brown.



### 2. SAUTÉ THE AROMATICS

Add tomato paste and **1 tbsp fennel seeds** to pork mince. Cook, stirring, for further a 2 minutes.



### 3. SIMMER THE RAGU

Slice fennel and dice carrots (see notes). Halve cherry tomatoes. Add to frypan along with pork mince. Sauté for 4 minutes. Pour in **2 cups water** and **3 tbsp vinegar**. Simmer, semi-covered, for 10-12 minutes until vegetables are tender. Season with **salt and pepper**.



### 4. SAUTÉ THE GREENS

Heat a second frypan over medium-high heat with **oil**. Trim broccolini and cut into thirds. Add to pan along with **crushed garlic clove**. Sauté for 3 minutes. Trim and thoroughly rinse English spinach and add to pan, cook for a further 1-2 minutes until spinach wilts. Season with **salt and pepper**.



### 5. COOK THE POLENTA

Finely chop rosemary leaves.

Gradually whisk polenta into simmering water (see notes). Cook over low heat, stirring until thickened. Remove from heat and stir in **3-4 tbsp olive oil/butter** and rosemary. Season well with **salt and pepper**.



### 6. FINISH AND SERVE

Serve polenta in shallow bowls. Spoon in ragu and serve with greens (see notes).

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