



Product Spotlight: Sage

Sage is a lovely aromatic herb that pairs well with warm, nutty flavours. The leaves crisp up well, making a wonderful addition for the salad in this recipe!



Italian Pork Ragu on Soft Polenta

Hearty pork mince stew with an Italian touch and ingredients such as capsicum, fennel and garlic served over delicious soft polenta and topped with a crunchy rocket, walnut, parmesan and fresh sage salad.



35 minutes



2 servings



Pork

Make a traybake!

Make meatballs and roast with fennel, capsicum, garlic and cherry tomatoes. Flavour with the sage, balsamic vinegar and fennel seeds. Top with parmesan cheese and serve over polenta or mash.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	80g	44g	44g

FROM YOUR BOX

PORK MINCE	500g
RED CAPSICUM	1
FENNEL	1
GARLIC CLOVES	2
CHERRY TOMATOES	200g
TOMATO PASTE	1 sachet
WALNUTS	40g
SAGE	1 packet
ROCKET LEAVES	60g
SHAVED PARMESAN CHEESE	1 bag
POLENTA	125g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, fennel seeds, balsamic vinegar, flour (of choice), chilli flakes (optional)

KEY UTENSILS

large frypan, saucepan

NOTES

Add 1-2 tsp dried oregano or other herb of choice to the polenta for extra flavour!



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1. COOK THE PORK MINCE

Heat a large frypan with **oil** over medium-high heat. Add pork mince and cook, breaking it up with your spatula, for 5 minutes or until browned.



2. ADD THE VEGETABLES

Slice and add capsicum, fennel and garlic cloves. Add to the pan as you go. Season with **1 tsp fennel seeds**. Cook for 5 minutes or until softened. Sprinkle with **1 tsp flour**.



3. SIMMER THE RAGU

Add cherry tomatoes (halve if desired), tomato paste and **1 cup water**. Simmer, semi-covered for 10-15 minutes.

Bring **600ml water** to the simmer in a saucepan (for the polenta, step 5).



4. PREPARE THE SALAD

Finely chop walnuts and sage leaves. Cook in a frypan with **1/2 tbsp olive oil** over medium heat for 2 minutes. Take off heat.

Toss together with rocket leaves, **1/3 packet parmesan cheese**, **1 tbsp olive oil** and **1/2 tbsp balsamic vinegar**.



5. COOK THE POLENTA

Gradually add polenta to simmering water. Cook over low heat, whisk until thickened. Take off heat, stir in **1 tbsp olive oil** and **1/3 bag of parmesan cheese** (see notes). Season well to taste with **salt and pepper**.



6. FINISH AND SERVE

Season the ragu with **salt and pepper** to taste. Serve over soft polenta and top with rocket salad. Sprinkle with some **chilli flakes** (optional).

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