



### Product Spotlight: Fennel

Fennel has a mild liquorice flavour and is a very versatile vegetable! If you are not used to cooking with fennel, try substituting celery, bean sprouts or even onion in some recipes with fennel! It works great in casseroles, soups, and lasagna too!



## Pork and Fennel Rigatoni

A quick and easy pork ragù that does not skimp on flavour! This pork and fennel ragù is tossed with baby spinach and rigatoni pasta and served with parmesan cheese for an easy and delicious weeknight pasta.



30 minutes



2 servings



Pork

### Bulk it up!

*If you want to bulk this pasta up, add a sliced brown onion, carrots and celery at step 2. Add extra fennel seeds to balance the flavour and water to cover. You can set and forget by cooking in your slow cooker.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	88g	36g	108g

## FROM YOUR BOX

RIGATONI	1 packet
PORK MINCE	500g
FENNEL BULB	1
GARLIC CLOVE	1
TOMATO PASTE	1 sachet
BABY SPINACH	60g
SHAVED PARMESAN	1 packet

## FROM YOUR PANTRY

butter, salt, pepper, fennel seeds, white wine vinegar, dried chilli flakes

## KEY UTENSILS

large frypan, saucepan

## NOTES

This sauce in this recipe is based on using half a packet of pasta. If you choose to use the whole packet, you will need to add some extra liquid and adjust the seasoning to taste.

Substitute butter for olive oil if desired.

For a traditional flavour, substitute the vinegar with white wine!

Add extra cooking liquid as necessary to loosen the pasta and the sauce.

**No gluten option** – Rigatoni is replaced with GF pasta.

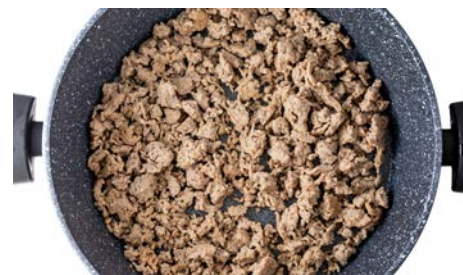


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### 1. COOK THE PASTA

Bring a large saucepan of water to a boil. Add **1/2 packet pasta** (see notes) and cook until al dente. Reserve **2 cups cooking liquid**. Drain pasta.



### 2. BROWN THE PORK MINCE

Heat a large frypan over medium-high heat. Add the **pork mince** and cook for 4-6 minutes until browned.



### 3. ADD THE AROMATICS

Thinly slice **fennel** (reserve any fronds) and crush **garlic**. Add to pan with **3 tsp fennel seeds**. Cook for 3 minutes. Add **tomato paste** and cook for a further minute.



### 4. SIMMER THE SAUCE

Add **1 cup reserved cooking water**, **1 tbsp vinegar** and **3 tsp butter** (see notes) to frypan. Reduce heat and simmer for 5 minutes. Reduce heat and simmer for 5 minutes. Add **spinach** to pan and cook for 2 minutes to wilt.



### 5. TOSS THE PASTA

Add pasta and **1/2 parmesan** to the sauce. Toss to combine (see notes). Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Divide pasta among shallow bowls. Garnish with remaining parmesan and fennel fronds. Sprinkle over **chilli flakes** as desired.

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