



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Pork Bolognese

A classic bolognese using pork mince simmered with tomatoes, tossed through pasta and finished with fresh basil.



25 minutes



4/6 servings



Pork

FROM YOUR BOX

	4 PERSON	6 PERSON
LONG PASTA	500g	500g
BROWN ONION	1	2
PORK MINCE	500g	2 x 500g
CARROT	1	2
CHERRY TOMATOES	2 x 200g	3 x 200g
TOMATO PASTE	1 tub	2 tubs
BASIL	1 packet	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

NOTES

You can add some diced celery, baby spinach, zucchini or sliced mushrooms to the bolognese sauce if you want more vegetables.

You can serve the pasta with a fresh salad on the side or steamed greens.

No gluten option – pasta is replaced with GF pasta.

1. COOK THE PASTA

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

2. COOK THE PORK

Heat a frypan over medium-high heat with **oil**. Dice **onion** and add to pan along with **pork mince**. Cook for 5 minutes until sealed.

TIP *You can add some crushed garlic, chopped rosemary leaves or a dried herb of choice. We added 2 tsp fennel seeds for extra flavour. (Add 3-4 tsp fennel seeds for 6P).*

3. SIMMER THE SAUCE

Dice (or grate) **carrot** and halve **tomatoes**. Add to pan as you go. Stir in **tomato paste** and **2 cups water**. Simmer for 10 minutes. Season with **salt and pepper** to taste.

TIP *Add a little sweetener such as brown sugar or balsamic vinegar to balance the flavour.*

4. FINISH AND SERVE

Toss **cooked pasta** through **sauce**. Garnish with **sliced basil leaves**.

TIP *Garnish the pasta with some parmesan cheese or dollops of fresh ricotta if you have some.*

This recipe has simplified instructions to help lower your meal cost.