



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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!



G2 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

 2 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** 37g **TOTAL FAT** 25g **CARBOHYDRATES** 34g

FROM YOUR BOX

PORK MINCE	300g
TOMATO PASTE	1 sachet
FENNEL	1
CARROT	1
CHERRY TOMATOES	1 bag (200g)
BROCCOLINI	1 bunch
ROSEMARY	1 sprig
POLENTA	1 packet (125g)

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 **650 ml 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 **2 tsp fennel seeds** to pork mince. Cook, stirring, for a further 2 minutes.



3. SIMMER THE RAGU

Slice fennel and dice carrot (see notes). Halve cherry tomatoes. Add to frypan along with pork mince. Sauté for 4 minutes. Pour in **1 1/2 cups water** and **2 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 in thirds. Add to pan along with **crushed garlic clove**. Sauté for 3 minutes. 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 **2-3 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).

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

