




Product Spotlight: Parsley


Flat leaf parsley is also known as Italian parsley. It has a stronger flavour than curly parsley and is a natural breath freshener!



Pork Ragu with Eggplant Rotolo

A warm and hearty pork ragu, stacked full of veggies, baked with eggplant rotolo and lemon ricotta and served with fresh parsley leaves.

 35 minutes

 4 servings

 Pork

28 April 2023

Switch it up!

Instead of making the eggplant rolls, you can dice the eggplant and add it to the ragu. Skip the oven altogether and spoon over ricotta to serve.

Per serve: **PROTEIN** 47g **TOTAL FAT** 21g **CARBOHYDRATES** 33g

FROM YOUR BOX

PORK MINCE	600g
BROWN ONION	1
CELERY STICKS	2
CARROTS	2
LEMON	1
TOMATO PASSATA	1 jar
EGGPLANTS	2
RICOTTA	1 tub
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs

KEY UTENSILS

large ovenproof frypan, oven tray

NOTES

We recommend using a large ovenproof frypan to reduce the amount of dishes. If you don't have one you can transfer the ragu to an oven dish at step 5, then follow remaining instructions.

To help speed up cooking time, grate the carrot.



1. COOK THE AROMATICS

Set oven to 220°C.

Heat ovenproof frypan over medium-high heat (see notes). Add pork mince. Dice onion, celery and carrots. Add to pan with **2 1/2 tbsp Italian herbs**. Cook for 5 minutes.



2. SIMMER THE SAUCE

Zest lemon and set aside. Pour in passata and **1/2 cup water**. Stir to combine and simmer for 6-8 minutes until vegetables are tender. Season with juice from 1/2 lemon, **salt and pepper**. Remove from heat.



3. COOK THE EGGPLANT

Meanwhile, slice eggplant lengthways. Lay on a lined oven tray. Drizzle with **oil, salt and pepper**. Roast for 8 minutes.



4. PREPARE THE RICOTTA

Add reserved lemon zest to a bowl along with ricotta. Season with **salt and pepper**. Stir to combine.



5. BAKE THE ROTOLO

Roll up eggplant slices and press into the ragu. Dollop over ricotta. Place in oven and bake for 5 minutes.



6. FINISH AND SERVE

Finely chop parsley leaves and wedge remaining lemon.

Garnish the bake with parsley. Serve tableside with lemon wedges.



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