



Italian Pork Sausage Ragu

with Cheesy Polenta



30-40min



2 Portions

Embrace the cooking traditions of northern Italy with this creamy polenta topped with a quick pork ragu. Our recipe uses both milk and stock to cook the polenta, then parmesan and butter at the end for delicious richness and unbeatable flavour.

What we send

- 1 garlic clove, 1 celery stalk and parsley
- 1 carrot and 1 onion
- parmesan ⁷
- polenta
- chicken stock powder
- diced tomatoes
- Italian pork sausage mince

What you'll require

- butter ⁷
- milk ⁷
- olive oil
- sea salt and pepper
- water

Utensils

- large saucepan
- medium saucepan

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 835.0kcal, Fat 50.7g, Proteins 40.4g, Carbs 51.3g



1. Prepare ingredients

Finely chop the **onion**. Crush or finely chop the **garlic**. Thinly slice the **celery**. Peel the **carrot**, then finely chop.



2. Cook aromatics

Heat the **oil** in a large saucepan over medium-high heat. Add the **onion, garlic, celery** and **carrot**, and cook, stirring, for 5 mins or until softened. Transfer to a bowl and set aside.



3. Cook ragu

Add the **sausage mince** to the pan and cook for 5 mins or until browned, stirring to break up any lumps. Return the carrot mixture to the pan with the **tomatoes, salt and pepper**, and bring to a simmer. Reduce the heat to medium and simmer for 15 mins to allow the flavours to infuse.



4. Prepare garnish

Meanwhile, finely grate **half the parmesan** (keep the remainder for another use). Coarsely chop the **parsley** leaves and finely chop the stems.



5. Make polenta

5 mins before ragu is ready, put **milk, stock powder** and the **boiling water** (see staples list) in a medium saucepan. Bring to a simmer over medium heat. Whisking vigorously, gradually add **polenta** until combined. Whisk constantly for 3-5 mins, adding extra boiling water if too thick. Stir in the **butter** and **half the parmesan**. Season with **salt and pepper**.



6. Get ready to serve

Stir the **parsley stems** and **half the parmesan** into the ragu. Divide **polenta** among bowls and top with the ragu. Scatter over the **remaining parmesan** and **remaining parsley leaves** to serve.