

# MARLEY SPOON



## Pork Spaghetti Bolognese

with Fennel and Rocket Salad



20-30min



2 Portions

Who doesn't love Spag Bol? A dish that never goes out of style, it can be tweaked to suit every mood and season. Here, for example, it's been given a fresh twist with the addition of fragrant ground fennel seed to the sauce, zucchini 'noodles' to lighten the pasta and a crunchy fennel and rocket salad, to serve to the side.



## What we send

- 1
- 1
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\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- balsamic vinegar <sup>17</sup>
- olive oil
- sea salt and pepper

## Utensils

- colander
- julienne peeler or box grater
- large deep frypan with lid
- large saucepan

Our veggies come fresh from the farm, so please wash them before use.

## Cooking tip

If you don't have a julienne peeler, thinly slice the zucchini lengthwise. Stack the slices, then thinly slice again, lengthwise, into thin strips.

## Allergens

Gluten (1), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 970kcal, Fat 37.1g, Carbs 104.4g, Protein 48.6g



### 1. Prepare ingredients

**Read through the recipe.** Finely chop the **onion**. Crush or finely chop the **garlic**. Bring a medium saucepan of salted water to the boil for the spaghetti.



### 2. Cook aromatics

Heat **1 tbs olive oil** in a large deep frypan over medium-high heat. Cook the **onion, garlic** and **1 tsp ground fennel\*\***, stirring occasionally, for 5 mins or until golden.



### 3. Add tomatoes

Increase the heat to high. Cook the **pork mince**, breaking up the lumps with a spoon, for 3-4 mins until browned. Season with **salt and pepper**. Stir in the **tomatoes** and simmer, covered, for 10 mins to allow the flavours to infuse.



### 4. Shred zucchini

Meanwhile, cook **half of the spaghetti\*\*** in the pan of boiling water for 8 mins or until al dente. While the spaghetti is cooking, using a julienne peeler, shred the **zucchini** lengthwise (see cooking tip). Put the zucchini noodles in a colander.



### 5. Make salad

Combine **1 tbs olive oil** and **2 tsp balsamic vinegar** in a large bowl and season with **salt and pepper**. Trim and thinly slice the **fennel**. Add the **rocket** and fennel to the bowl and toss to combine.



### 6. Get ready to serve

Drain the **spaghetti** over the **zucchini**, then return the spaghetti and zucchini to the pan. Toss to combine. Divide the **spaghetti mixture** and **bolognese sauce** among bowls and serve with the **fennel** and **rocket salad**.