

MARLEY SPOON



Pork Spaghetti Bolognese

with Fennel and Rocket Salad



20-30min



4 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 ¹⁷
- 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 880kcal, Fat 36.7g, Carbs 86.0g, Protein 45.7g



1. Prepare ingredients

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



2. Cook aromatics

Heat **2 tbs olive oil** in a large deep frypan over medium-high heat. Cook the **onion, garlic** and **2 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 **three quarters 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 **2 tbs olive oil** and **3 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**.