DINNERLY



Smoky Pork Ragu with Garlicky Broccoli







Smoky. Pork. Ragu. Let that mouth-watering concept sink in for a bit then hop to it and get cooking. Big on flavour and super-simple to prepare, you'll have this ready in no time.

WHAT WE SEND

- · 500g passata sauce
- · 250g spaghetti 1
- · 50g parmesan 7
- 1 carrot
- 10g smokey BBQ seasoning ¹⁷
- free-range premium pork mince
- 1 head broccoli

WHAT YOU NEED

- olive oil
- salt and pepper

TOOLS

- fine grater
- medium frypan
- · medium frypan with lid
- · medium saucepan with lid

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

ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 960kcal, Fat 43.7g, Carbs 75.8g, Proteins 58.7g



1. Prep ingredients

Bring a medium saucepan of lightly salted water to the boil. Finely chop or crush 2 garlic cloves. Coarsely grate the carrot. Slice the broccoli stem and cut the head into small florets. Finely grate the parmesan.



2. Start ragu

Heat 1 tbs olive oil in a medium frypan over medium-high heat. Cook half the garlic, stirring, for 30 secs or until fragrant. Add the carrot and cook, stirring, for 2 mins or until softened. Add the mince and smoky BBQ seasoning and cook, breaking up the lumps with a wooden spoon, for 4-5 mins until browned.



3. Cook pasta

Meanwhile, cook three-quarters of the pasta (the remaining pasta won't be used in this dish) for 8-10 mins until al dente. Drain.



4. Simmer ragu

Add half the passata to the mince mixture (the remaining passata won't be used in this dish). Bring to the boil, then reduce the heat to low and cook for 10 mins or until the sauce is thickened. Season with salt and pepper. Add the pasta and toss to combine well.



5. Cook broccoli and serve

Meanwhile, heat 1 tbs olive oil in a separate medium frypan over medium-high heat. Stirfry the broccoli and remaining garlic for 2-3 mins until softened. Cover and cook, tossing pan occasionally, for 2-3 mins until lightly charred and tender. Divide the smoky pork ragu among bowls, scatter with grated parmesan and serve with the garlicky broccoli.



6. Kitchen hack

Make prep time faster by enlisting kids to grate veggies and cheese. Or, make the ragu ahead of time and reheat - ragus develop even more flavour with a little age.

