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Spaghetti with Fennel and Lamb Ragù

This recipe features fennel, an uncommon ingredient which we feel is terribly undervalued! Fennel adds a sweet liquorice flavour that fuses beautifully with lamb and olives. The trick to preparing the fennel is to slice it as thinly as possible, so it browns and caramelises evenly and quickly.

 30 mins

 2.5 of your
5 a day

 mealkit

 family box



Garlic Clove
(3)



Black Olives
(60g)



Rosemary
(1 bunch)



Parmesan Cheese
(40g)



Fennel
(2)



Lamb Mince
(500g)




Chopped Tomatoes
(2 tins)



Spaghetti
(400g)

4 PEOPLE INGREDIENTS

- Garlic Clove, grated **3**
- Black Olives, chopped **60g**
- Rosemary, chopped **1 bunch**
- Parmesan Cheese, grated **40g**
- Fennel, sliced **2**
- Lamb Mince **500g**
- Chopped Tomatoes **2 tins**
- Spaghetti **400g**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

People in India and Pakistan chew sugar-coated seeds of fennel after meals to facilitate digestion and eliminate bad breath.

Allergens: Milk, Gluten.

Nutrition as per prepared and listed ingredients

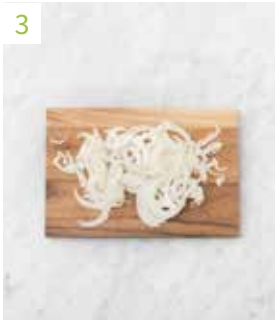
	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	676 kcal / 2849 kJ	21 g	9 g	80 g	7 g	41 g	0 g
Per 100g	126 kcal / 531 kJ	4 g	2 g	15 g	1 g	8 g	0 g

1



1 Peel and grate the **garlic** (or use a garlic press if you have one). Finely chop the **black olives**. Pick the leaves from the **rosemary** and very finely chop them. Grate the **parmesan**.

3



2 Pick the delicate **leaves** (technically they're called fronds!) from the **fennel** and discard. Chop the root from the base and discard. Very, very thinly slice your **fennel** widthways. **Tip:** *Ideally use a vegetable peeler if you have one as you want it to be almost translucently thin.*

3 Heat a splash of **olive oil** in a frying pan on medium heat and add your **garlic** and **rosemary**. Cook until your **garlic** just starts to change colour then add your **fennel** with a pinch of **salt**. Cook for around 6 mins until your **fennel** is soft.

Tip: *Don't brown the fennel – turn down the heat and add a splash of water if it's too hot.*

4



4 Add the **lamb mince** and break it up using a wooden spoon. Season with another pinch of **salt** and a few good grinds of **black pepper**. Add your **olives**. Boil a pot of water with pinch of **salt** for the pasta.

5 Once your lamb has browned add the **chopped tomatoes**. Fill the tin(s) a quarter with **water**, swirl it around and add to your **sauce**. **Tip:** *You can add pinch of sugar at this point to lift the flavour even more.* Turn the heat to low and simmer gently for as long as your hunger allows, preferably at least 10 mins. This is your ragu!

6



6 When your ragu is 6 mins from ready add the **spaghetti** to the pot of boiling water. Cook for 9 mins or until 'al dente'. **Tip:** *'Al dente' simply means it's cooked but still has a bit of firmness in the middle.*

7 Once your **pasta** is cooked, drain it and add to your **fennel and lamb ragu**. Toss everything together with your **parmesan** and you're done!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!