

Pork Bolognese & Mafalda Pasta

with English Peas & Arugula Salad

Bolognese, an Italian meat sauce associated with the Northern city of Bologna, is typically served with wide, flat pasta shapes like tagliatelle. A broad noodle helps to pick up the thick, rich sauce of meat and aromatic vegetables. In this recipe, we're pushing that idea even further. We're using mafalda pasta, with ruffled, chewy edges and a perfectly bite-sized cut. The authentically-spiced bolognese deliciously clings to it. And to balance the richness of the dish, we're serving it with a tangy arugula and pecorino side salad.



Ingredients

- 12 Ounces Ground Pork
- 12 Ounces Mafalda Pasta
- 3 Ounces Arugula
- 2 Carrots
- 2 Cloves Garlic
- 2 Stalks Celery
- 1 Lemon
- 1 Yellow Onion
- ½ Pound English Peas
- 1 Large Bunch Parsley

Knick Knacks

- 3 Tablespoons Tomato Paste
- ½ Cup Grated Pecorino Cheese
- 1 Tablespoon Pork Mafalda Spice Blend
(Italian Seasoning, Smoked Sweet Paprika & Ground Coriander)

Makes 4 Servings

About 695 Calories Per Serving

Cooking Time: 25 to 35 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp97

1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Peel and small dice the carrots and onion. Peel and thinly slice the garlic. Small dice the celery. Quarter and deseed the lemon. Shell the peas. Pick the parsley leaves off the stems; discard the stems and thinly slice the leaves.

2



Cook the pork:

In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **ground pork**; season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 4 to 6 minutes, or until lightly browned and cooked through. Transfer to a bowl and set aside. Carefully drain off and discard the drippings from the pan, leaving behind any browned bits (or fond).

3



Cook the pasta:

While the pork cooks, add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 13 to 15 minutes, or until al dente (still slightly firm to the bite). Reserving **1 cup of the pasta cooking water**, thoroughly drain the cooked pasta.

4



Make the sauce:

While the pasta cooks, add 1 tablespoon of olive oil to the pan of reserved fond. Heat on medium-high until hot. Add the **onion, celery, garlic, carrots and spice blend**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until softened and fragrant. Add the **tomato paste**. Cook, stirring frequently, 1 to 2 minutes, or until the tomato paste is dark red. Add the **peas, cooked pork and 1 cup of water**. Reduce the heat to medium and simmer, stirring occasionally, 4 to 6 minutes, or until the sauce has thickened.

5



Finish the pasta:

To the pan of sauce, add the **cooked pasta, half the pecorino cheese** and **3/4 cup of the pasta cooking water**. Cook, stirring frequently, 2 to 4 minutes, or until the pasta is thoroughly coated. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.) Remove from heat and season with salt and pepper to taste. Transfer to a serving dish and set aside in a warm place.

6



Make the salad & serve your dish:

In a bowl, combine **all but a pinch of the remaining pecorino cheese** and the **juice of all 4 lemon wedges**; season with salt and pepper to taste. Slowly whisk in **2 tablespoons of olive oil** until well combined. Place the **arugula** in a large bowl; season with salt and pepper. Add enough of the **dressing** to coat the salad (you may have extra dressing); toss to combine and season with salt and pepper to taste. Transfer to a serving dish. Garnish the **finished pasta** with the **parsley** and **remaining pecorino cheese**. Enjoy!