

# Pork Bolognese

*with Garganelli Pasta, Lacinato Kale & Sage*

Folded and hollow, garganelli pasta is perfect for picking up hearty sauces—and sauces don't get much heartier than bolognese. Here, we're making the classic Northern Italian meat sauce with succulent pork. And in addition to the traditional sautéed carrots, onion and garlic, we're using Lacinato kale and fresh sage, an herb that fills the kitchen with its comforting scent. With a snowy topping of sharp, grated Parmesan, this bolognese is a delicious and satisfying way to celebrate the holidays.



## Ingredients

- 1½ Pounds Ground Pork
- 10 Ounces Garganelli Pasta
- 1 15-Ounce Can Diced Tomatoes
- 4 Cloves Garlic
- 2 Carrots
- 1 Yellow Onion
- ½ Bunch Lacinato Kale
- 1 Bunch Sage
- Knick Knacks**
- 2 Tablespoons Butter
- ½ Cup Grated Parmesan Cheese

**Makes 4 Servings**

**About 700 Calories Per Serving**

**Prep Time: 10 min | Cook Time: 25 to 35 min**





1



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Peel and mince the garlic. Peel and small dice the carrots and onion. Pick the sage leaves off the stems; discard the stems and thinly slice the leaves. Remove and discard the kale stems; roughly chop the leaves.

2



## Start the bolognese:

In a large pot, heat 1 tablespoon of olive oil on medium-high until hot. Add the **garlic, carrots and onion**; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until softened and fragrant.

3



## Add the pork & sage:

Add the **ground pork and sage** to the pot of vegetables; season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 3 to 5 minutes, or until the pork is lightly browned and just cooked through.

4



## Finish the bolognese:

Add the **diced tomatoes, kale and 1 cup of water** to the pot of vegetables and pork; season with salt and pepper. Heat to boiling on high. Once boiling, reduce the heat to medium-high. Simmer, stirring occasionally, 11 to 13 minutes, or until the kale has wilted and the liquid has reduced in volume by about half; season with salt and pepper to taste.

5



## Cook the pasta:

While the bolognese simmers, add the **pasta** to the pot of boiling water. Cook 7 to 10 minutes, or until al dente (still slightly firm to the bite). Reserving **½ cup of the pasta cooking water**, drain thoroughly.

6



## Finish & serve your dish:

Add the **cooked pasta, butter and half the reserved pasta cooking water** to the pot of bolognese. Cook, stirring frequently, 1 to 3 minutes, or until thoroughly combined. (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. Garnish with the **cheese**. Enjoy!