



Big Island Wild Pig with Cavatelli

 Very Healthy

READY IN



240 min.

SERVINGS



4

CALORIES



894 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 cups arugula organic packed () (preferably ; 8 ounces)
- ☐ 1.5 pounds pork shoulder wild boneless fat trimmed (Boston butt)
- ☐ 2 tablespoons butter ()
- ☐ 2 teaspoons fennel seeds
- ☐ 2 garlic clove pressed peeled
- ☐ 6 ounces goat cheese fresh divided crumbled soft
- ☐ 2 teaspoons brown sugar packed ()
- ☐ 3 cups chicken broth

- ☐ 12 ounces soup noodles (such as penne)
- ☐ 2 cups plum tomatoes diced organic (preferably ; 14 ounces)
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 1 tablespoon paprika smoked
- ☐ 0.3 cup vegetable oil

Equipment

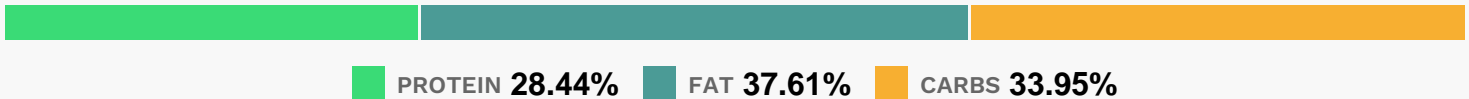
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ mortar and pestle
- ☐ cutting board

Directions

- ☐ Preheat oven to 375°. Enclose fennel seeds in resealable plastic bag; using mallet, coarsely crack seeds. (Alternatively, crack seeds in mortar with pestle.)
- ☐ Mix seeds, smoked paprika, brown sugar, crushed red pepper, 3/4 teaspoon salt, and 1/4 teaspoon black pepper in small bowl to blend.
- ☐ Place pork on sheet of foil.
- ☐ Sprinkle spice mixture all over pork and roll pork on foil sheet, pressing firmly so spices will adhere.
- ☐ Heat oil in heavy large ovenproofpot over medium-high heat.
- ☐ Add pork to pot and sear until brown on all sides, 8 to 9 minutes.
- ☐ Add 3 cups broth and any seasoning mixture remaining on sheet of foil; bring to boil. Cover pot tightly and transfer to oven. Braise until pork is very tender, turning pork every 30 minutes, about 2 hours total.
- ☐ Remove pot from oven. Uncover pot and cool pork in pot 1 hour.

- ☐ Transfer pork to cutting board.
- ☐ Cut pork into 1/2- to 3/4-inch cubes. Spoon off fat from top of sauce in pot. Return pork cubes to sauce in pot. DO AHEAD: Can be made 1 day ahead. Chill uncovered until cold, then cover and keep chilled. Rewarm pork and sauce over medium heat until heated through before using.
- ☐ Cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- ☐ Drain pasta. Set aside.
- ☐ Melt butter in large skillet over medium-high heat.
- ☐ Add garlic to skillet; stir 30 seconds.
- ☐ Add tomatoes and arugula and toss until arugula wilts, 2 to 3 minutes.
- ☐ Add drained pasta to tomato mixture in skillet and toss 1 minute to blend.
- ☐ Add 1 cup crumbled goat cheese to skillet and toss just until cheese softens slightly but does not melt, about 1 minute. Season pasta to taste with salt and black pepper.
- ☐ Transfer pasta to large bowl. Spoon pork and sauce over. Scatter remaining 1/4 cup goat cheese over and serve.

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:27.19, Inflammation Score:-10, Nutrition Score:47.105217265046%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 14.07mg, Kaempferol: 14.07mg, Kaempferol: 14.07mg, Kaempferol: 14.07mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 893.7kcal (44.68%), Fat: 37.35g (57.46%), Saturated Fat: 14.38g (89.85%), Carbohydrates: 75.87g (25.29%), Net Carbohydrates: 69.88g (25.41%), Sugar: 8.99g (9.99%), Cholesterol: 136.67mg (45.56%), Sodium: 379.35mg (16.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.55g (127.1%), Selenium: 99.47µg (142.09%), Vitamin B3: 21.52mg (107.61%), Vitamin B1: 1.28mg (85.28%), Vitamin B6: 1.67mg (83.45%), Phosphorus:

777.34mg (77.73%), Vitamin K: 81.3µg (77.43%), Vitamin A: 3560.47IU (71.21%), Vitamin B2: 1.15mg (67.49%), Manganese: 1.24mg (61.88%), Copper: 0.91mg (45.52%), Potassium: 1500.8mg (42.88%), Zinc: 5.63mg (37.55%), Magnesium: 138.09mg (34.52%), Iron: 5.39mg (29.93%), Vitamin B12: 1.75µg (29.16%), Vitamin C: 22.9mg (27.76%), Vitamin B5: 2.67mg (26.74%), Fiber: 6g (23.98%), Vitamin E: 3.1mg (20.63%), Calcium: 195.88mg (19.59%), Folate: 78.23µg (19.56%), Vitamin D: 0.17µg (1.13%)