



Braised rabbit pappardelle

READY IN



115 min.

SERVINGS



5

CALORIES



1008 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 rabbit wild for you (ask your butcher to do this)
- ☐ 4 rashers streaky bacon smoked chopped
- ☐ 1 small onion red finely chopped
- ☐ 1 carrots finely chopped
- ☐ 3 garlic cloves crushed
- ☐ 2 rosemary sprigs leaves picked chopped
- ☐ 1 tbsp tomato purée
- ☐ 150 ml rosé wine

- ☐ 500 ml chicken stock see
- ☐ 500 g pappardelle pasta
- ☐ 0.5 orange zest
- ☐ 1 tbsp dijon mustard
- ☐ 100 ml double cream
- ☐ 1 small bunch flat-leaf parsley leaves picked chopped
- ☐ 5 servings parmesan grated

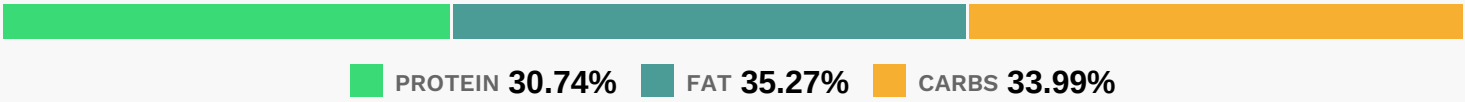
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the oil in a large pan. When hot, add the rabbit, brown on all sides, then remove from the pan and set aside.
- ☐ Add the bacon, onion and carrot to the pan and cook for 10 mins until soft.
- ☐ Add the garlic, rosemary and tomato pure, stir for 1-2 mins, then pour in the wine and chicken stock.
- ☐ Return the rabbit to the pan, season, cover with a lid and cook over a low heat for 1 hr until the rabbit is really tender.
- ☐ Remove the rabbit from the pan and shred the meat using 2 forks. Be careful to remove all small bones. Meanwhile, increase the heat under the pan and boil the liquid for 5 mins until reduced by half.
- ☐ Add the shredded meat and reduce the heat to low. Cook the pasta in a large pan of salted water following pack instructions.
- ☐ Drain, reserving a little pasta water to thin the sauce if necessary.
- ☐ Stir half the orange zest, mustard, cream and parsley into the rabbit sauce.
- ☐ Add the cooked pasta to the pan, toss everything well to coat and heat through for 1-2 mins.
- ☐ Serve in bowls with grated Parmesan, parsley leaves and the remaining orange zest.

Nutrition Facts



Properties

Glycemic Index:64.77, Glycemic Load:31.43, Inflammation Score:-10, Nutrition Score:39.808260876199%

Flavonoids

Apigenin: 24.57mg, Apigenin: 24.57mg, Apigenin: 24.57mg, Apigenin: 24.57mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg

Nutrients (% of daily need)

Calories: 1007.61kcal (50.38%), Fat: 38.16g (58.71%), Saturated Fat: 15.59g (97.44%), Carbohydrates: 82.75g (27.58%), Net Carbohydrates: 77.99g (28.36%), Sugar: 6.37g (7.08%), Cholesterol: 303.79mg (101.26%), Sodium: 920.18mg (40.01%), Alcohol: 3.16g (100%), Alcohol %: 0.72% (100%), Protein: 74.84g (149.69%), Vitamin K: 194.07µg (184.83%), Selenium: 112.23µg (160.33%), Phosphorus: 996.51mg (99.65%), Vitamin B3: 17.94mg (89.69%), Vitamin A: 3625.42IU (72.51%), Iron: 9.94mg (55.23%), Manganese: 1.01mg (50.69%), Calcium: 466.88mg (46.69%), Potassium: 1381.27mg (39.46%), Magnesium: 152.47mg (38.12%), Vitamin B2: 0.49mg (28.64%), Vitamin C: 20.4mg (24.73%), Vitamin B1: 0.37mg (24.73%), Vitamin B6: 0.46mg (23.01%), Zinc: 3.43mg (22.85%), Copper: 0.42mg (21.11%), Fiber: 4.76g (19.05%), Folate: 62.21µg (15.55%), Vitamin B5: 1.35mg (13.54%), Vitamin B12: 0.77µg (12.84%), Vitamin E: 1.78mg (11.88%), Vitamin D: 0.84µg (5.62%)