

SIDE DISH

Mallorredus with Fennel Seeds and Fresh Tomatoes

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	10 min	20 min	4	\$1.42	256 kcal

You can never have too many side dish recipes, so give Mallorredus with Fennel Seeds and Fresh Tomatoes a try. One portion of this dish contains around 7g of protein, 20g of fat, and a total of 256 calories. For \$1.42 per serving, this recipe covers 16% of your daily requirements of vitamins and min...

Ingredients

- ☐ ½ cup freshly grated crontese cheese
- ☐ 4 tablespoons extra virgin olive oil
- ☐ 4 cloves garlic, thinly sliced
- ☐ 1 teaspoon salt
- ☐ 2 pounds tomatoes, chopped into 1/2-inch dice
- ☐ 1 tablespoon hot chili flakes
- ☐ 1 tablespoon fennel seeds
- ☐ 1 recipe mallorredus pasta
- ☐ 4 scallions, thinly sliced

EQUIPMENT Frying pan

Method

- 1

Bring 6 quarts water to boil and add 2 tablespoons salt.
- 2

In a 12 to 14-inch saute pan, heat oil until smoking.
- 3

Add scallions and garlic and saute 1 minute, until light golden brown.

- 4 Add tomatoes, fennel seeds, chili flakes, salt and toss until tomatoes begin to break down, about 7 to 8 minutes.
- 5 Meanwhile, cook pasta until tender but firm, about 6 to 8 minutes.
- 6 Drain and toss in pan with tomatoes. Toss until well coated and sprinkle heavily with cheese.
- 7 Serve immediately.

Nutrition per serving

256	7 g	20 g	16 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.8 g · 30% of daily needs
Fibre			4.5 g · 18% of daily needs
Sugar			6.6 g · 7% of daily needs
Sodium			722 mg · 31% of daily needs
Cholesterol			14.1 mg · 5% of daily needs
Vitamin C			34.6 mg · 42% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/mallorredus-with-fennel-seeds-and-fresh-tomatoes-148510](https://www.whatsheate.com/recipes/mallorredus-with-fennel-seeds-and-fresh-tomatoes-148510)