



Tagliatelle with a lemon pork ragù

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



747 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 garlic clove
- ☐ 2 tbsp olive oil extra virgin extra-virgin
- ☐ 1 small onion finely chopped
- ☐ 1 celery stalks finely chopped
- ☐ 100 g pancetta diced
- ☐ 500 g ground pork minced
- ☐ 200 ml wine dry white
- ☐ 50 g parmesan for serving

- ☐ 1 large optional: lemon organic
- ☐ 400 g eggs dried (not durum wheat tagliatelle)
- ☐ 3 tbsp flat parsley chopped

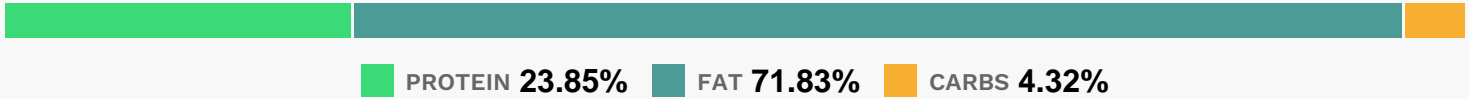
Equipment

- ☐ frying pan

Directions

- ☐ Peel the garlic cloves, cut in half lengthways and remove the green shoot at the centre. Gently warm the garlic and oil in a large frying pan (big enough to toss the pasta in later). As it starts to colour, take off the heat and let the garlic infuse for 5 minutes, then discard it.
- ☐ Tip the onion and celery into the garlic scented oil, sprinkle with a little salt and return to a gentle heat.
- ☐ Let them soften, without colouring, for 8-10 minutes. They should sweat rather than fry, so if you hear sizzling add water, a tablespoon at a time.
- ☐ Add the pancetta and cook for another 6 minutes, adding water as before. Stir in the pork and turn the heat up. Don't colour the meat too much and avoid breaking it up.
- ☐ Add the wine and let it evaporate, then season.
- ☐ Pour in 200ml/7fl oz water, cover and simmer for 20-25 minutes.
- ☐ Mix in a little water if the mixture gets too dry.
- ☐ While the rag is cooking, put a pan with plenty of water on to boil. Grate the Parmesan and the zest from the lemon.
- ☐ When the water is at a rolling boil add 2 tsp salt, then the pasta. Partly cover, bring back to the boil, give it a good stir and reduce the heat so the water boils gently. Taste the pasta 2 minutes before the timing on the packet remember it will keep cooking while it is tossed with the rag.
- ☐ Drain the pasta, reserving some pasta water. Immediately transfer the pasta to the frying pan and toss well over a low heat. Tip in the parmesan and toss well.
- ☐ Add pasta water to dilute, or extra cheese to absorb excess liquid, and mix again.
- ☐ Toss in the lemon zest and parsley.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.13, Glycemic Load:1.29, Inflammation Score:-7, Nutrition Score:29.614782727283%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 6.18mg, Apigenin: 6.18mg, Apigenin: 6.18mg, Apigenin: 6.18mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 746.7kcal (37.34%), Fat: 56.28g (86.58%), Saturated Fat: 19.33g (120.83%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 6.42g (2.34%), Sugar: 2.43g (2.7%), Cholesterol: 487mg (162.33%), Sodium: 584.32mg (25.41%), Alcohol: 5.22g (100%), Alcohol %: 1.79% (100%), Protein: 42.04g (84.07%), Selenium: 69.75µg (99.65%), Vitamin B1: 1.06mg (70.39%), Phosphorus: 562.21mg (56.22%), Vitamin K: 52.06µg (49.58%), Vitamin B2: 0.84mg (49.13%), Vitamin B6: 0.82mg (40.82%), Vitamin B12: 2.04µg (34%), Vitamin B3: 6.69mg (33.45%), Zinc: 4.83mg (32.23%), Vitamin B5: 2.68mg (26.82%), Vitamin C: 20.77mg (25.18%), Calcium: 245.48mg (24.55%), Iron: 3.63mg (20.19%), Potassium: 681.05mg (19.46%), Vitamin A: 906.62IU (18.13%), Folate: 65.66µg (16.42%), Vitamin E: 2.26mg (15.08%), Vitamin D: 2.16µg (14.42%), Magnesium: 55.14mg (13.79%), Copper: 0.17mg (8.53%), Manganese: 0.17mg (8.32%), Fiber: 1.2g (4.78%)