




# Spicy Italian pork farfalle

Red hill new season asparagus

 25 minutes

 Skill  
Medium

 About  
785

GATHER  
YOUR **BLUE**  
INGREDIENTS



## Ingredients

2	4	6	 Serves
250g	500g	750g	Farfalle pasta
180g	360g	540g	Spicy pork mince
4	8	12	Asparagus spears
1	2	3	Parsley bunch
1 pkt	2 pkt	3 pkt	Pine nuts
1	2	3	Sour cream

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# Method

! Boil a kettle of water.

**UTENSILS:** Large frypan, medium saucepan



## PREPARE THE INGREDIENTS

Cut the base off the asparagus, discard and slice the remaining spears into 1 cm long pieces. Roughly chop the parsley.



## COOK THE PASTA

Place a saucepan of rapidly boiling water over a high heat. Add the farfalle pasta to the saucepan and cook for 9 minutes. Add the cut asparagus and cook for a further minute. Remove from the heat, strain and set aside.



## FRY THE SAUSAGE

Place a large frypan over a moderate to high heat with 1 tsp of oil. Add the pork mince in small pieces and cook for 2 minutes.



## HEAT THE MIX

Add the sour cream, pine nuts and parsley to the frypan with the pork. Stir over heat for 2-3 minutes.



## ADD THE PASTA

Add the strained pasta to the frypan and mix thoroughly. Stir over heat for 1 minute.



## PLATE THE DISH

To plate the dish, divide the pasta between bowls.

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### Wine Matching

Pair with a SA Sauvignon Blanc.