

# Duck Ragu with Pappardelle & Swede



**Serves 4**

**Prep 30 mins**

**Cooking 1h 20 mins**

**Easy**

## Ingredients

### For the ragu

2 tbsp olive oil  
2 duck breasts, skin removed  
1 onion, finely chopped  
1 tsp fennel seeds  
1 bay leaf  
½ small pack parsley, leaves picked & stalks finely chopped  
8 thyme sprigs, leaves picked  
150ml red wine  
1 tbsp tomato purée

400g can plum tomatoes  
200ml stock  
1 tsp red wine vinegar  
1 tbsp raisins  
toasted pine nuts & parmesan, to serve

### For the pasta

fresh pappardelle  
750g swede (1 large or 2 small) peeled, then cut into thick ribbons using a vegetable peeler

1. Heat 1 tbsp of the olive oil in a large frying pan over a high heat and fry the duck breasts for 2 mins on either side until well browned, then set aside. Tip the fat from the pan into a saucepan, and turn the heat down to medium, then add the rest of the olive oil. Tip the onion and fennel seeds into the saucepan, add a large pinch of salt and cook for 5 mins until the onion is starting to soften. Add the bay leaf, parsley stalks and thyme leaves. Stir well and cook for 2 mins more.
2. Turn the heat up, then pour in the red wine and cook for 2 mins until it has reduced a little. Spoon in the tomato purée and tip in the can of tomatoes along with the stock, stir and bring to the boil, then turn the heat down to low and return the duck breasts to the pan, cover and simmer very gently for 40-45 mins or until the meat is tender.
3. Remove the duck breasts with a slotted spoon, put in a bowl, turn the heat up and reduce the tomato sauce for 10 mins until thick enough to coat your pasta. Use two forks to shred the duck, then tip the meat back into the sauce. Add the red wine vinegar and raisins, then season to taste. Set aside.
4. When ready to serve, cook your pasta. Heat a large pan of salted water, add the pappardelle and cook following pack instructions. For the final minute of cooking time, drop in the swede. Drain, reserving a ladleful of the pasta water to add to the sauce. Toss the pasta and swede through the sauce. Divide between bowls and top with the toasted pine nuts, parmesan and a scattering of parsley.