



Creamy Lamb Rigatoni Bolognese with Fresh Pesto

Classic 35 Minutes • 2 of your 5 a day

44



Lamb Mince



Garlic Clove



Rigatoni Pasta



Finely Chopped
Tomatoes with Basil



Creme Fraiche



Chicken Stock Paste



Fresh Pesto



Beef Mince

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, frying pan, garlic press and colander.

Ingredients

Ingredients	2P	3P	4P
Lamb Mince**	200g	300g	400g
Garlic Clove**	2	3	4
Rigatoni Pasta 13	180g	270g	360g
Finely Chopped Tomatoes with Basil	1 carton	2 cartons	2 cartons
Crème Fraîche** 7	75g	150g	150g
Chicken Stock Paste	10g	15g	20g
Fresh Pesto** 7	25g	32g	64g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Reserved Pasta Water*	100ml	150ml	200ml
Sugar for the Sauce*	½ tsp	1 tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	445g	100g	465g	100g
Energy (kJ/kcal)	3280 / 784	737 / 176	3592 / 858	772 / 185
Fat (g)	33.1	7.4	39.3	8.4
Sat. Fat (g)	15.4	3.5	17.5	3.8
Carbohydrate (g)	84.7	19.0	83.6	18.0
Sugars (g)	16.0	3.6	16.0	3.4
Protein (g)	35.8	8.0	43.0	9.2
Salt (g)	3.37	0.76	3.44	0.74

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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1 Brown the Mince

Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **rigatoni**.

Heat a large frying pan on high heat (no oil). Once hot, add the **lamb mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks.

IMPORTANT: Wash your hands and equipment after handling raw meat.

Meanwhile, peel and grate the **garlic** (or use a garlic press).

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **lamb**, cook the recipe in the same way.



4 Season the Sauce

When the **lamb Bolognese** has thickened, season to taste with **salt** and **pepper**.



2 Cook the Pasta

Once the **water** is boiling, add the **rigatoni** to the **water** and bring back to the boil. Cook until tender, 12 mins.

When ready, reserve some of the **pasta water** (see pantry for amount), then drain in a colander.

Pop the **pasta** back into the pan, drizzle with **oil** and stir through to stop it sticking together.



5 Combine and Stir

Once everything's cooked, toss the **rigatoni** through the **sauce** and reheat until piping hot.

Add another splash of **water** if you feel it needs it.



3 Bring on the Bolognese

Once the **mince** has browned, drain and discard any excess fat.

Lower the heat, then stir in the **garlic** and cook until fragrant, 1 min.

Next, stir in the **chopped tomatoes**, **reserved pasta water** and **sugar for the sauce** (see pantry for both amounts), **crème fraîche** and **chicken stock paste**. Bring to the boil, lower the heat, then simmer until thickened and reduced by half, 12-15 mins. Stir occasionally. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



6 Serve

Divide the **rigatoni Bolognese** between your bowls and top with dollops of **fresh pesto**.

Enjoy!