

# BBQ Beef Ragu Rigatoni with Fresh Chilli and Cheese



20 Minutes • Little Spice • 1 of your 5 a day







Rigatoni Pasta







Bell Pepper





Green Chilli



Cheddar Cheese

Garlic Clove





Worcester Sauce



Tomato Passata



Beef Stock Powder



**BBQ Sauce** 

# Before you start

Our fruit and veggies need a little wash before you

# Cooking tools, you will need:

Saucepan, Colander, Garlic Press, Grater, Frying Pan. Wooden Spoon, Measuring Jug, Bowl.

## Ingredients

	2P	3P	4P	
Rigatoni Pasta 13)	200g	300g	400g	
Bell Pepper***	1	1	2	
Onion**	1	1	2	
Garlic Clove	1	2	2	
Green Chilli**	1	1	1	
Cheddar Cheese 7)**	30g	45g	60g	
Beef Mince**	240g	360g	480g	
Worcester Sauce 13)	1 sachet	1 sachet	2 sachets	
Tomato Passata	1 carton	1½ cartons	2 cartons	
Beef Stock Powder	1 sachet	2 sachets	2 sachets	
Water for the Beef*	100ml	150ml	200ml	
BBQ Sauce 13)	1 sachet	1 sachet	2 sachets	
*Not Included **Store in the Fridge ***Based on season,				

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	530g	100g
Energy (kJ/kcal)	3432 /820	648 /155
Fat (g)	26	5
Sat. Fat (g)	11	2
Carbohydrate (g)	101	19
Sugars (g)	22	4
Protein (g)	45	8
Salt (g)	1.94	0.37
Fat (g) Sat. Fat (g) Carbohydrate (g) Sugars (g) Protein (g)	26 11 101 22 45	5 2 19 4 8

the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition for uncooked ingredients based on 2 person recipe.

## **Allergens**

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

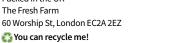
## Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK Packed in the UK The Fresh Farm







#### Pasta

- a) Bring a saucepan of water up to the boil with ½ tsp salt.
- b) When boiling, add the rigatoni and cook until tender, 12 minutes.
- c) Once cooked, drain in a colander, pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.



# Prep

- a) Meanwhile, halve the pepper and discard the core and seeds. Chop into 1cm sized chunks or as small as you can.
- **b)** Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Halve the chilli lengthways, deseed then finely chop.
- c) Grate the cheese.



## Cook The Beef

- a) Heat a drizzle of oil in a frying pan on high heat.
- b) When the oil is hot, add the beef mince, bell pepper and chopped onion and cook until the **beef** is browned and the **veggies** tender, 5-6 mins. Use a wooden spoon to break the **mince** up as it cooks. IMPORTANT: The mince is cooked when it is no longer pink in the middle.
- c) When cooked, add the garlic and worcester sauce. Cook, stirring frequently 1 min.



# Let's Get Saucy

- a) Once the garlic has cooked, add the tomato passata, beef stock powder and water (see ingredients for amount).
- **b)** Bring to a boil and reduce the heat to a simmer. Cook until thickened, 8-10 mins.



## Finish Off

- a) Once everything has cooked, pop the BBQ sauce into the pan with the **beef** and bring to the boil. Season the **beef** to taste with **salt** and **pepper**.
- **b)** Pop the drained **pasta** into the pan with the **beef** and mix well to combine, then remove from the heat.



#### Time To Serve

- a) Share the smoky beef pasta between vour bowls.
- b) Top with the grated cheese and a sprinkle of green chilli (careful it's hot, add less if you don't like heat).

# Enjoy!

#### There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.