

BBQ Beef Ragu Rigatoni

with Monterey Jack Cheese

Rapid

20 Minutes • Little Spice • 2 of your 5 a day





Bell Pepper





Monterey Jack Cheese





Garlic Clove

Worcester Sauce





Beef Stock Paste



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 13)	180g	270g	360g	
Bell Pepper***	1	1	2	
Onion**	1	1	2	
Garlic Clove**	1	2	2	
Green Chilli**	1	1	1	
Monterey Jack 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 Paste	10g	15g	20g	
Water for Beef*	100ml	150ml	200ml	
BBQ Sauce 13)	1 sachet	2 sachets	2 sachets	
*Not Included **Store in the Fridge ***Based on season.				

the colour of your bell pepper will either be yellow, red or

orange to guarantee you get the best quality pepper **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	514g	100g
Energy (kJ/kcal)	3234 /773	630 /151
Fat (g)	25	5
Sat. Fat (g)	12	2
Carbohydrate (g)	90	17
Sugars (g)	19	4
Protein (g)	44	9
Salt (g)	2.13	0.42

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

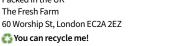
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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







Cook the Pasta

- a) Bring a saucepan of water up to the boil with 1/2 tsp salt for the rigatoni.
- b) When boiling, add the pasta and cook until tender, 12 minutes.
- c) Once cooked, drain in a colander. Pop back into the pan and 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).
- c) Halve the chilli lengthways, deseed then finely chop. 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. Cook until the beef is browned and the **veggies** are tender, 5-6 mins. Use a wooden spoon to break it up as it cooks. **IMPORTANT:** Wash your hands after handling raw mince. The mince is cooked when no longer pink in the middle.
- c) When cooked, add the garlic and Worcester sauce. Cook, stirring frequently, 1 min.



Make the Sauce

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



Finish Off

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



Time to Serve

- a) Share the BBQ beef pasta between your 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.