



# BBQ Beef Ragu Rigatoni with Cheddar Cheese

Family 20 Minutes • Mild Spice • 2 of your 5 a day

8



Rigatoni Pasta



Bell Pepper



Red Onion



Garlic Clove



Red Chilli



Mature Cheddar Cheese



Beef Mince



Worcester Sauce



Tomato Passata



Beef Stock Powder



BBQ Sauce

## Before you start

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

## Cooking tools

Saucepan, colander, garlic press, grater and frying pan.

## Ingredients

	2P	3P	4P
Rigatoni Pasta <b>13)</b>	180g	270g	360g
Bell Pepper***	1	1	2
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Red Chilli**	1	1	1
Mature Cheddar Cheese** <b>7)</b>	30g	60g	60g
Beef Mince**	240g	360g	480g
Worcester Sauce <b>13)</b>	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Beef Stock Powder	1 sachet	1 sachet	2 sachets
Water for the Sauce*	100ml	150ml	200ml
BBQ Sauce <b>13)</b>	32g	64g	64g

\*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

for uncooked ingredient	Per serving 505g	Per 100g 100g
Energy (kJ/kcal)	3295/788	652/156
Fat (g)	27	5
Sat. Fat (g)	12	2
Carbohydrate (g)	91	18
Sugars (g)	18	4
Protein (g)	43	9
Salt (g)	2.00	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) 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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## Cook the Pasta

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

**b)** When boiling, add the **pasta** and bring back to the boil. Cook until tender, 12 mins.

**c)** Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



## Make the Sauce

**a)** Once the **garlic** has cooked, add the **tomato passata**, **beef stock powder** and **water for the sauce** (see ingredients for amount).

**b)** Bring to a boil and reduce the heat to a simmer.

**c)** Cook until thickened, 8-10 mins.



## Get Prepped

**a)** Meanwhile, halve the **pepper** and discard the core and seeds. Chop into 1cm chunks or as small as you can.

**b)** Halve, peel and chop the **red 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**.



## Finish Off

**a)** Once thickened, add the **BBQ sauce** to the **beef ragu** and bring to the boil. Season the **ragu** to taste with **salt** and **pepper**.

**b)** Add the **cooked pasta** to the pan, mix well to combine, then remove from the heat.



## 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**, **pepper** and **chopped onion**. Cook until the **beef** is browned and the **veggies** are tender, 5-6 mins. Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment 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.



## Time to Serve

**a)** Share the **BBQ beef pasta** between your bowls.

**b)** Top with the **grated cheese** and a sprinkle of **red chilli** (careful - it's hot) for those who'd like things spicy!

Enjoy!