

BBQ Beef Ragu Rigatoni with Aubergine and Cheddar Cheese

Rapid

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













Garlic Clove



Green Chilli



Mature Cheddar Cheese



Worcester Sauce





Tomato Passata



Beef Stock Paste



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

Baking tray, saucepan, garlic press, grater and frying pan. **Ingredients**

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	2P	3P	4P	
Aubergine**	1	1	2	
Onion**	1	1	2	
Garlic Clove**	1	2	2	
Green Chilli**	1	1	1	
Mature Cheddar Cheese** 7)	45g	90g	90g	
Beef Mince**	240g	360g	480g	
Worcester Sauce 13)	1 sachet	1 sachet	2 sachets	
Rigatoni Pasta 13)	180g	270g	360g	
Tomato Passata	1 carton	1½ cartons	2 cartons	
Beef Stock Paste	10g	15g	20g	
Water for the Beef*	100ml	150ml	200ml	
BBQ Sauce	32g	64g	64g	
*Not Included **Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	583g	100g
Energy (kJ/kcal)	3427 /819	589 /141
Fat (g)	29.7	5.1
Sat. Fat (g)	13.8	2.4
Carbohydrate (g)	88.2	15.2
Sugars (g)	19.4	3.3
Protein (g)	45.6	7.8
Salt (g)	2.39	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

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.

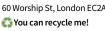
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Roast the Aubergine

- a) Preheat your oven to 220°C.
- **b)** Trim the **aubergine**, then halve lengthways. Chop each half into four long strips, then chop widthways into roughly 2cm pieces.
- **c)** Pop onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- **d)** When the oven is hot, roast on the top shelf until the **aubergine** is soft and golden, 15-18 mins. Turn halfway through.



Get Prepped

- a) Meanwhile, bring a large saucepan of water to the boil with ½ tsp salt for the rigatoni.
- **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. Set aside for garnishing later.
- d) Grate the cheese.



Fry 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 and onion. Cook until the beef is browned and the onion has softened, 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)** Stir in the **garlic** and **Worcester sauce**. Cook, stirring frequently, 1 min.



Make the Sauce

- **a)** Meanwhile, when your pan of **water** is boiling, add the **pasta** and bring back to the boil.
- b) Cook until tender, 12 mins.
- c) While the pasta cooks, stir the tomato passata, beef stock paste and water for the beef (see ingredients for amount) into the beef pan. Bring to a boil and reduce the heat to a simmer.
- d) Cook the sauce until thickened, 8-10 mins.



Finish Up

- a) Once thickened, add the **BBQ sauce** to the **ragu** and bring to the boil. Season to taste with **salt** and **pepper**.
- b) Stir the roasted aubergine through the ragu.
- **c)** Add the **cooked pasta** to the pan, mix well to combine, then remove from the heat.



Time to Serve

- a) Share the BBQ beef pasta between your bowls.
- b) Top with the grated cheese.
- c) Sprinkle over the **green chilli** (careful it's hot) for those who'd like some heat!

Enjoy!