



# BBQ Beef Ragu Rigatoni with Aubergine and Cheddar Cheese

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

13



Aubergine



Onion



Garlic Clove



Green Chilli



Mature Cheddar  
Cheese



Beef Mince



Worcester Sauce



Rigatoni Pasta



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

	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.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



## Roast the Aubergine

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



## Make the Sauce

- Meanwhile, when your pan of **water** is boiling, add the **pasta** and bring back to the boil.
- Cook until tender, 12 mins.
- 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.
- Cook the **sauce** until thickened, 8-10 mins.



## Get Prepped

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



## Finish Up

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



## Fry the Beef

- Heat a drizzle of **oil** in a frying pan on high heat.
- 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.
- Stir in the **garlic** and **Worcester sauce**. Cook, stirring frequently, 1 min.



## Time to Serve

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

Enjoy!