



# BBQ Beef Ragu Rigatoni with Pepper and Cheddar Cheese

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

13



Rigatoni Pasta



Bell Pepper



Onion



Garlic Clove



Green Chilli



Mature Cheddar Cheese



Beef Mince



Tomato Passata



Red Wine Jus 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

Saucepan, colander, grater and frying pan.

## Ingredients

	2P	3P	4P
Rigatoni Pasta <b>13</b> )	180g	270g	360g
Bell Pepper***	1	1	2
Onion**	1	1	2
Garlic Clove**	1	2	2
Green Chilli**	1	1	1
Mature Cheddar Cheese** <b>7</b> )	45g	90g	90g
Beef Mince**	240g	360g	480g
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Jus Paste <b>10</b> ) <b>14</b> )	15g	22g	30g
Water for the Beef*	100ml	150ml	200ml
BBQ Sauce	32g	48g	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

	Per serving	Per 100g
for uncooked ingredient	506g	100g
Energy (kJ/kcal)	3376 /807	668 /160
Fat (g)	28.1	5.6
Sat. Fat (g)	13.4	2.7
Carbohydrate (g)	88.8	17.6
Sugars (g)	16.7	3.3
Protein (g)	47.1	9.3
Salt (g)	2.00	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 10) Celery 13) Cereals containing gluten 14) Sulphites

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**.

**b)** When boiling, add the **pasta** to the **water** 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)** Add the **tomato passata**, **red wine jus paste** and **water for the beef** (see ingredients for amount) to the pan and stir to combine.

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



## Combine and Stir

**a)** Once thickened, remove the **ragu** from the heat and stir in the **BBQ sauce**. Season to taste with **salt** and **pepper** if needed.

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



## Fry the Beef

**a)** Heat a drizzle of **oil** in a frying pan on high heat.

**b)** Once the **oil** is hot, add the **beef mince**, **pepper** and **onion**. Fry until the **beef** is browned and the **veg** is 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)** Stir in the **garlic** and cook for 1 min more.



## Time to Serve

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

**b)** Top with the **grated cheese**.

**c)** Sprinkle over the **green chilli** (add less if you don't like too much heat).

Enjoy!