

Upside Down Pasta Bake

with Beef Ragu and Creamy Rigatoni





















Red Wine Stock Paste



Dried Oregano



Creme Fraiche



Chicken Stock Paste



Grated Hard Italian Style Cheese

Pantry Items Oil, Salt, Pepper, Sugar

Before you start

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

Cooking tools

Saucepan, garlic press, frying pan, colander and ovenproof dish

Ingredients

Ingredients	2P	3P	4P	
Garlic Clove**	1	1	2	
Rigatoni Pasta 13)	180g	270g	360g	
Beef Mince**	240g	360g	480g	
Finely Chopped Tomatoes	½ carton	¾ carton	1 carton	
Red Wine Stock Paste 14)	28g	42g	56g	
Dried Oregano	1 sachet	1 sachet	2 sachets	
Creme Fraiche** 7)	150g	225g	300g	
Chicken Stock Paste	10g	15g	20g	
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g	
Pantry	2P	3P	4P	
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp	
Water for the Sauce*	75ml	100ml	125ml	
Reserved Pasta Water*	75ml	100ml	125ml	
*Not Included **Store in the Fridge				

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	414g	100g
Energy (kJ/kcal)	3925 /938	948 / 227
Fat (g)	48.1	11.6
Sat. Fat (g)	25.5	6.2
Carbohydrate (g)	83.3	20.1
Sugars (g)	15.1	3.6
Protein (g)	45.2	10.9
Salt (g)	3.64	0.88

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 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.

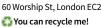
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Cook the Pasta

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

Peel and grate the **garlic** (or use a garlic press). When boiling, add the **rigatoni** to the **water** and bring back to the boil. Cook until tender, 12 mins.



Fry your Mince

Meanwhile, heat a large frying pan on mediumhigh heat (no oil).

Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

Season with **salt** and **pepper**. **IMPORTANT**: Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



Simmer your Ragu

Add the **garlic** to the **beef** and fry until fragrant, 1 min.

Stir in the **finely chopped tomatoes** (see ingredients for amount), **red wine stock paste**, **dried oregano**, **sugar** and **water for the sauce** (see pantry for both amounts).

Bring to the boil, then lower the heat and simmer until thickened, 10-12 mins.

Meanwhile, preheat your grill to high.



Creamy Pasta Time

Once your **pasta** is cooked, reserve some **pasta** water (see pantry for amount), then drain in a colander.

Return the **pasta** to the pan, off the heat. Drizzle with **oil**, then mix in the **creme fraiche**, **chicken stock paste** and **reserved pasta water**.



Assemble the Bake

Transfer your **creamy pasta** to an appropriately sized ovenproof dish, making sure the bottom is entirely covered.

Spoon the **ragu** over the top in an even layer and sprinkle over the **cheese**.

Grill until golden brown and bubbling, 4-5 mins.



Serve

When ready, share your **upside down pasta bake** between your bowls.

Enjoy!