



Upside Down Pasta Bake with Beef Ragu and Creamy Rigatoni

Winter Warmers 30-35 Minutes • 1 of your 5 a day

5



Garlic Clove



Rigatoni Pasta



Beef Mince



Finely Chopped Tomatoes



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 for uncooked ingredient | Per serving | Per 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.

Contact

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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.



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**.



Fry your Mince

Meanwhile, heat a large frying pan on medium-high 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.*



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.



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.



Serve

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

Enjoy!