



Chipotle Beef Rigatoni with Cheddar and Spinach

Family 20 Minutes • Medium Spice • 1 of your 5 a day

2



Garlic Clove



Rigatoni Pasta



Beef Mince



Chipotle Paste



Tomato Passata



Beef Stock Paste



Mature Cheddar Cheese



Baby Spinach

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. Ingredients in **red** are hot!

Cooking tools

Kettle, garlic press, saucepan, colander, frying pan and grater.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Rigatoni Pasta 13)	180g	270g	360g
Beef Mince**	240g	360g	480g
Chipotle Paste	20g	30g	40g
Tomato Passata	1 carton	1½ cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Mature Cheddar Cheese** 7)	30g	40g	60g
Baby Spinach**	40g	100g	100g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3056 / 730	728 / 174
Fat (g)	27.8	6.6
Sat. Fat (g)	12.4	3.0
Carbohydrate (g)	75.4	18.0
Sugars (g)	10.9	2.6
Protein (g)	45.0	10.7
Salt (g)	2.24	0.53

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

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

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Garlic Time

- Boil a full kettle.
- Peel and grate the **garlic** (or use a garlic press).



Add the Flavour

- Add the **garlic** and **chipotle paste** (add less if you'd prefer things milder) to the **beef**. Stir-fry for 1 min.
- Stir through the **passata**, **beef stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).
- Simmer until the **sauce** has thickened, 5-6 mins.



Get the Pasta on

- Pour the **boiled water** from your kettle into a large saucepan with **½ tsp salt** on high heat.
- Add the **rigatoni** to the **water** and bring back to the boil. Cook until tender, 12 mins.
- Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Cheese Please

- Meanwhile, grate the **cheese**.
- Once the **sauce** has thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Stir through the **cooked pasta** and **three quarters** of the **grated cheese**.
- Add a splash of **water** if it's a little thick.



Fry the Beef

- 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 up the **mince** 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. It's cooked when no longer pink in the middle.



Serve

- When ready, share your **chipotle beef rigatoni** between your bowls.
- Sprinkle over the remaining **cheese** to finish.

Enjoy!