



Upside Down Pasta Bake with Beef Ragu and Creamy Rigatoni

Childhood Classics 30-35 Minutes • 1 of your 5 a day

10



Garlic Clove



Rigatoni Pasta



Beef Mince



Tomato Passata



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
Tomato Passata	1 carton	1½ cartons	2 cartons
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	498g	100g
Energy (kJ/kcal)	3946 /943	792 /189
Fat (g)	48.2	9.7
Sat. Fat (g)	25.5	5.1
Carbohydrate (g)	84.5	17.0
Sugars (g)	14.8	3.0
Protein (g)	45.4	9.1
Salt (g)	3.72	0.75

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

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

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



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**.

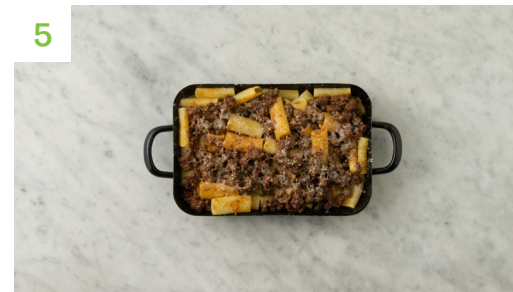


Fry the Mince

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. It's 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 **passata**, **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 Up

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

Enjoy!