



Creamy Cajun Beef Rigatoni with Spinach and Cheese

Quick 20 Minutes • **Medium Spice** • 1 of your 5 a day

9



Rigatoni Pasta



British Beef Mince



Cajun Spice Mix



Tomato Passata



Creme Fraiche



Chicken Stock Paste



Baby Spinach



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. Ingredients in red are hot!

Cooking tools

Kettle, saucepan, colander and frying pan.

Ingredients

Ingredients	2P	3P	4P
Rigatoni Pasta 13)	180g	270g	360g
British Beef Mince**	240g	360g	480g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Creme Fraiche** 7)	75g	120g	150g
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	416g	100g
Energy (kJ/kcal)	3380 / 808	812 / 194
Fat (g)	36.6	8.8
Sat. Fat (g)	18.2	4.4
Carbohydrate (g)	76.6	18.4
Sugars (g)	10.8	2.6
Protein (g)	44.9	10.8
Salt (g)	2.11	0.51

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

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, mollusc, 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

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Boil the Pasta

- Boil a full kettle.
- Pour the **boiled water** into a saucepan with **½ tsp salt** and bring back to the boil. Add the **rigatoni** to the **water** and 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.



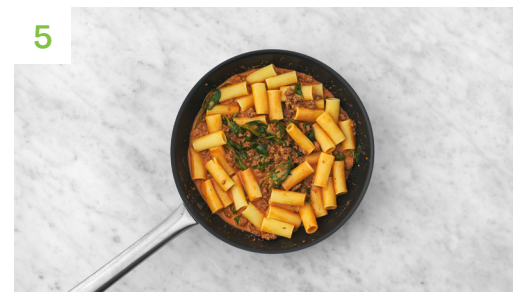
Bring on the Sauce

- Next, stir in the **passata, creme fraiche, chicken stock paste, sugar** and **water for the sauce** (see pantry for both amounts), then bring to the boil.
- Once boiling, reduce the heat and simmer until the **sauce** has thickened, 4-5 mins. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*



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, 4-5 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*
- When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.



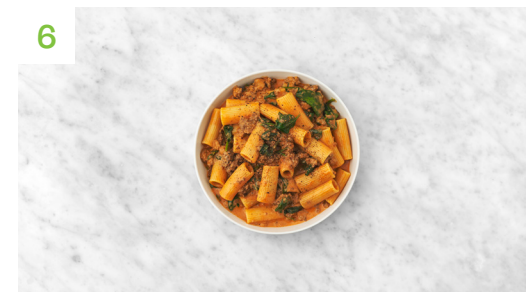
All Together Now

- Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Stir through the **hard Italian style cheese** until melted. Toss the **rigatoni** through the **sauce** to coat, 1 min.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



Spice Things Up

- Add the **Cajun spice mix** (add less if you'd prefer things milder) to the pan and cook until fragrant, 30 secs.



Serve Up

- Share the **creamy Cajun rigatoni** between your bowls.

Enjoy!