



# Ultimate Greek Inspired Pastitsio Beef Pasta Bake

with Baby Plum Tomato Salad and Garlic Bread

Ultimate 30-35 Minutes • 2 of your 5 a day

35



Rigatoni Pasta



Baby Plum Tomatoes



British Beef Mince



Garlic Clove



Ground Cinnamon



Dried Rosemary



Tomato Passata



Red Wine Stock Paste



Ciabatta



Creme Fraiche



Parmigiano Reggiano



Baby Leaf Mix

#### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

## 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, bowl, colander, frying pan, garlic press, baking tray and ovenproof dish.

## Ingredients

Ingredients	2P	3P	4P
Rigatoni Pasta <b>13</b>	180g	270g	360g
Baby Plum Tomatoes	125g	190g	250g
British Beef Mince**	240g	360g	480g
Garlic Clove**	4	5	6
Ground Cinnamon	1 sachet	1½ sachets	2 sachets
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste <b>14</b>	28g	42g	56g
Ciabatta <b>13</b>	1	2	2
Creme Fraiche** <b>7</b>	150g	225g	300g
Parmigiano Reggiano** <b>7</b>	40g	80g	80g
Baby Leaf Mix**	50g	70g	100g

Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Olive Oil for the Garlic Bread*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>627g</b>	<b>100g</b>
Energy (kJ/kcal)	4919/1176	784/187
Fat (g)	60.7	9.7
Sat. Fat (g)	28.9	4.6
Carbohydrate (g)	108.3	17.3
Sugars (g)	18.0	2.9
Protein (g)	52.6	8.4
Salt (g)	3.39	0.54

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

## Allergens

**7)** Milk **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, 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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## Cook the Pasta

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

While it comes to the boil, halve the **baby plum tomatoes** and pop them into a medium bowl with a drizzle of **oil**. Season with **salt** and **pepper**, then set aside.

When boiling, add the **rigatoni** to the **water** and bring back to the boil. Cook until tender, 12 mins.

Once the **pasta** is cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



## Garlic Bread Time

Meanwhile, preheat your grill to high.

Halve the **ciabatta** and lay onto one side of a large baking tray, cut-side up. Spread over the remaining **garlic** and drizzle with the **olive oil for the garlic bread** (see pantry for amount).

In a small bowl, combine the **creme fraiche** with **half** the **Parmigiano Reggiano**. Season with **pepper**.



## Fry the Beef

Meanwhile, heat a large frying pan on medium-high heat (no oil).

Once hot, add the **beef mince**. Fry until the **mince** has browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

While it fries, peel and grate the **garlic** (or use a garlic press).



## Time to Grill

Once the **beef sauce** has thickened, season with **salt** and **pepper**, then remove from the heat. Stir in the **cooked pasta**, then spoon it into an appropriately sized ovenproof dish.

Evenly spread the **creme fraiche sauce** over the **pasta**, then sprinkle on the remaining **Parmigiano Reggiano cheese**.

Put the dish onto the other side of the **garlic bread** baking tray and pop under the grill under it's bubbling and the **garlic bread** is golden, 5-6 mins.



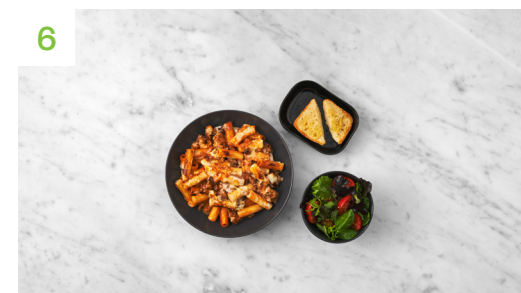
## Simmer your Sauce

When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.

**IMPORTANT:** The mince is cooked when no longer pink in the middle.

Add the **cinnamon**, **rosemary** and **half** the **garlic** to the **beef**. Fry for 30 secs.

Stir in **passata**, **red wine stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil, then lower the heat and simmer until thickened, 4-5 mins.



## Serve Up

Just before you're ready to serve, add the **baby leaves** to the **tomatoes** and mix together. Cut the **garlic bread** diagonally into triangles.

Serve your **ultimate beef pasta** with the **garlic bread** and **salad** alongside.

## Enjoy!