



# BBQ Beef Ragu Rigatoni with Mushrooms and Cheddar Cheese

**Rapid** 20 Minutes • Mild Spice • 2 of your 5 a day

14



Rigatoni Pasta



Onion



Garlic Clove



Green Chilli



Mature Cheddar  
Cheese



Beef Mince



Sliced Mushrooms



Finely Chopped  
Tomatoes with Onion  
and Garlic



Red Wine  
Jus Paste



BBQ Sauce

**Pantry Items**  
Oil, Salt, Pepper

## 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, colander, garlic press, grater and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Rigatoni Pasta <b>13)</b>	180g	270g	360g
Onion**	1	1	2
Garlic Clove**	1	2	2
Green Chilli**	1	1	1
Mature Cheddar Cheese** <b>7)</b>	40g	80g	80g
Beef Mince**	240g	360g	480g
Sliced Mushrooms**	80g	120g	180g
Finely Chopped Tomatoes with Onion and Garlic	½ carton	¾ carton	1 carton
Red Wine Jus Paste <b>10) 14)</b>	15g	22g	30g
BBQ Sauce	32g	48g	64g

Pantry	2P	3P	4P
Water for the Beef*	100ml	150ml	200ml

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>476g</b>	<b>100g</b>
Energy (kJ/kcal)	3376 /807	710 /170
Fat (g)	29.4	6.2
Sat. Fat (g)	13.6	2.9
Carbohydrate (g)	87.3	18.4
Sugars (g)	18.2	3.8
Protein (g)	48.5	10.2
Salt (g)	2.82	0.59

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

## Allergens

- 7)** Milk **10)** Celery **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**.
- When boiling, add the **pasta** to the **water** and bring back to the boil. Cook until tender, 12 mins.
- Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



## Make your Ragu Sauce

- Add the **chopped tomatoes** (see ingredients for amount), **red wine jus paste** and **water for the beef** (see pantry for amount) to the pan and stir to combine.
- Bring to the boil, then reduce the heat and simmer until thickened, 8-10 mins.



## Get Prepped

- Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).
- Halve the **chilli** lengthways, deseed, then finely chop. Set aside for garnishing later.
- Grate the **cheese**.



## Combine and Stir

- Once thickened, stir in the **BBQ sauce**. Season to taste with **salt** and **pepper** if needed.
- Add the **cooked pasta** to the pan, mix well to combine, then remove from the heat.



## Fry the Beef

- Heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, add the **beef mince**, **mushrooms** and **onion**. Fry until the **beef** is browned and the **veg** is tender, 5-6 mins.
- Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat.  
**IMPORTANT:** Wash your hands after handling raw mince. The mince is cooked when no longer pink in the middle.
- Stir in the **garlic** and cook for 1 min more.



## Serve

- Share the **BBQ beef pasta** between your bowls.
- Top with the **grated cheese**.
- Sprinkle over the **green chilli** (add less if you'd prefer things milder).

## Enjoy!