

# BBQ Beef Ragu Rigatoni with Pepper and Cheddar Cheese

Rapid 20 Minutes • Mild Spice • 3 of your 5 a day







Rigatoni Pasta













Green Chilli



Mature Cheddar Cheese



Beef Mince



Tomato Passata



Red Wine Jus Paste



**BBQ Sauce** 

#### 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

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Ingredients	2P	3P	4P
Rigatoni Pasta 13)	180g	270g	360g
Bell Pepper***	1	1	2
Onion**	1	1	2
Garlic Clove**	1	2	2
Green Chilli**	1	1	1
Mature Cheddar Cheese** 7)	40g	60g	90g
Beef Mince**	240g	360g	480g
Tomato Passata	1 carton	1%cartons	2 cartons
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
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\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to quarantee you get the best quality pepper.

#### Nutrition

Per servina	Per 100g
518g	100g
3399 /812	657/157
29.0	6.0
13.3	3.0
91.1	18.0
20.0	4.0
48.0	9.2
2.0	0.4
	3399 /812 29.0 13.3 91.1 20.0 48.0

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

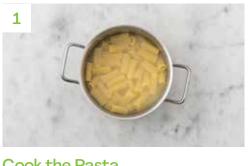
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#### Cook the Pasta

- a) Bring a large saucepan of water to the boil with 1/2 tsp salt.
- b) When boiling, add the pasta to the water and bring back to the boil. Cook until tender, 12 mins.
- c) Once cooked, drain in a colander and pop back into the pan. Drizzle with oil and stir through to stop it sticking together.



## **Get Prepped**

- a) Meanwhile, halve the pepper and discard the core and seeds. Chop into 1cm chunks or as small as you can.
- **b)** Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).
- c) Halve the chilli lengthways, deseed, then finely chop. Set aside for garnishing later.
- d) Grate the cheese.



## Fry the Beef and Veg

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



#### Make your Ragu

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



#### Combine and Stir

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



#### Serve

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

#### Enjoy!