



# Beef Ragu Rigatoni

with Black Olive & Tomato Salsa



## HELLO RIGATONI

*This pasta's name means 'ridged' because of the lines that run down its sides and help the sauce to cling.*



Onion



Garlic Clove



Yellow Pepper



Basil



Beef Mince



Dried Thyme



Tomato Purée



Tomato Passata



Beef Stock Pot



Water



Rigatoni



Black Olives



Vine Tomato



Olive Oil



Hard Italian Cheese

35 mins

4.5 of your 5 a day

'Al dente' is one of those phrases people throw around a lot when talking about pasta, but what does it actually mean? The Italian translates as 'to the tooth' and pasta cooked perfectly 'al dente' should still have a little bit of firmness. The way to tell is by biting through a piece – have a little nibble on one of this week's rigatoni before you serve up. If you can see a thin centre of white in the middle of the cooked pasta then it's spot on and time to tuck in!

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Saucepans**, a **Fine Grater** (or **Garlic Press**), **Measuring Jug**, **Mixing Bowl** and **Colander**. Now, let's get cooking!



## 1 PREP THE VEGGIES

Put a large saucepan of water with a generous pinch of **salt** on to boil for the **pasta**. Halve, peel and chop the **onion** into roughly ½cm cubes. Peel and finely grate the **garlic** (or use a garlic press). Halve, then remove the core from the **yellow pepper**, and cut into ½cm slices. Pick the **basil leaves** from their stalks and set aside. Finely chop the **stalks**. Pop your kettle on to boil.



## 2 START THE RAGU

Put a splash of **oil** in another large saucepan on high heat. When the **oil** is hot, add the **beef mince** and use a wooden spoon to break it up. Cook until nicely browned, 5 mins. Season with a pinch of **salt** and a grind of **black pepper**. Add the **onion** and **pepper**. Cook until soft, 5-7 mins. Stir in the **garlic**, **dried thyme** and **tomato purée**. Cook for 1 minute more. Add the **tomato passata**, stir and reduce the heat to low.



## 3 LET IT SIMMER

Dissolve the **beef stock pot** in boiling **water** (amount specified in the ingredient list) and add this to the pan. Bring the **ragu** to the boil, then lower the heat and add the chopped **basil stalks**. Leave to simmer for 20 mins. The **ragu** will reduce and thicken in this time.



## 4 COOK THE PASTA

Add the **rigatoni** to your pan of boiling water. Cook for 11 mins or until 'al dente'.  
★ **TIP:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle.



## 5 MAKE THE SALSA

While the **pasta** is cooking, prepare the salsa. Finely chop the **black olives** and chop the **vine tomato** into ½cm cubes. Pop them in a mixing bowl with the **olive oil** (amount specified in the ingredient list). Tear over half the **basil leaves** and mix in.



## 6 FINISH AND SERVE!

When the **pasta** is cooked, drain in a colander (reserve a splash of the cooking water). Taste the **ragu** and season with more **salt** and **black pepper** if necessary. Tear in the remaining **basil leaves**. Combine with the cooked **pasta** and mix well (add a little of the cooking water if you think it looks too dry). Serve in deep bowls, topped with the **salsa** and sprinkled with **hard Italian cheese**. **Enjoy!**

# 2 PEOPLE INGREDIENTS

Onion, chopped	1
Garlic Clove, grated	1
Yellow Pepper, sliced	1
Basil, chopped and torn	1 bunch
Beef Mince	250g
Dried Thyme	½ tbsp
Tomato Purée	15g
Tomato Passata	1 carton
Beef Stock Pot	½
Water*	200ml
Rigatoni 1)	180g
Black Olives, chopped	30g
Vine Tomato, chopped	2
Olive Oil*	1 tbsp
Hard Italian Cheese 7)	40g

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	746	116
(kJ)	3144	488
Fat (g)	22	3
Sat. Fat (g)	7	1
Carbohydrate (g)	84	13
Sugars (g)	20	3
Protein (g)	50	8
Salt (g)	2.35	0.36

## ALLERGENS

1)Gluten 7)Milk

**Beef Stock Pot Ingredients:** Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black Pepper.

## THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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