












# Chipotle Beef Rigatoni with Cheddar and Spinach

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

13



-  Garlic Clove
-  Rigatoni Pasta
-  Beef Mince
-  Chipotle Paste
-  Tomato Passata
-  Beef Stock Paste
-  Mature Cheddar Cheese
-  Baby Spinach
-  Bacon Lardons

**Pantry Items**  
Oil, Salt, Pepper, Sugar

**CUSTOM RECIPE**  
This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.  
Happy cooking!



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

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Rigatoni Pasta <b>13)</b>	180g	270g	360g
Beef Mince**	240g	360g	480g
Chipotle Paste	20g	30g	40g
Tomato Passata	1 carton	1½ cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Mature Cheddar Cheese** 7)	30g	40g	60g
Baby Spinach**	40g	100g	100g
Bacon Lardons**	90g	120g	180g

Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	370g	100g	415g	100g
Energy (kJ/kcal)	3056 / 730	827 / 198	3543 / 846	854 / 204
Fat (g)	27.8	7.5	36.9	8.9
Sat. Fat (g)	12.4	3.4	15.3	3.7
Carbohydrate (g)	75.5	20.4	76.4	18.4
Sugars (g)	10.9	3.0	11.0	2.7
Protein (g)	45.0	12.2	52.7	12.7
Salt (g)	2.24	0.61	3.5	0.84

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

## Allergens

7) Milk **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, 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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## Garlic Time

- Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **rigatoni**.
- Peel and grate the **garlic** (or use a garlic press).



## Get the Pasta On

- When the **water** is boiling, add the **rigatoni** and bring back to the boil. 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.



## Fry the Beef

- In the meantime, heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **beef mince** and fry until browned, 5-6 mins.
- Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

## CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, add them to the pan halfway through frying the **mince**. Stir-fry for 4-5 mins, then continue with the recipe as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



## Add the Spicy Flavour

- Add the **garlic** and **chipotle paste** (add less if you'd prefer things milder) to the **beef**. Stir-fry for 1 min.
- Stir through the **passata**, **beef stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).
- Simmer until the **sauce** has thickened, 5-6 mins.



## Cheese Please

- Meanwhile, grate the **cheese**.
- Once the **sauce** has thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Stir through the **cooked pasta** and **three quarters** of the **grated cheese**.
- Add a splash of **water** if it's a little too thick.



## Serve

- When ready, share your **chipotle beef rigatoni** between your bowls.
- Sprinkle over the remaining **cheese** to finish.

## Enjoy!