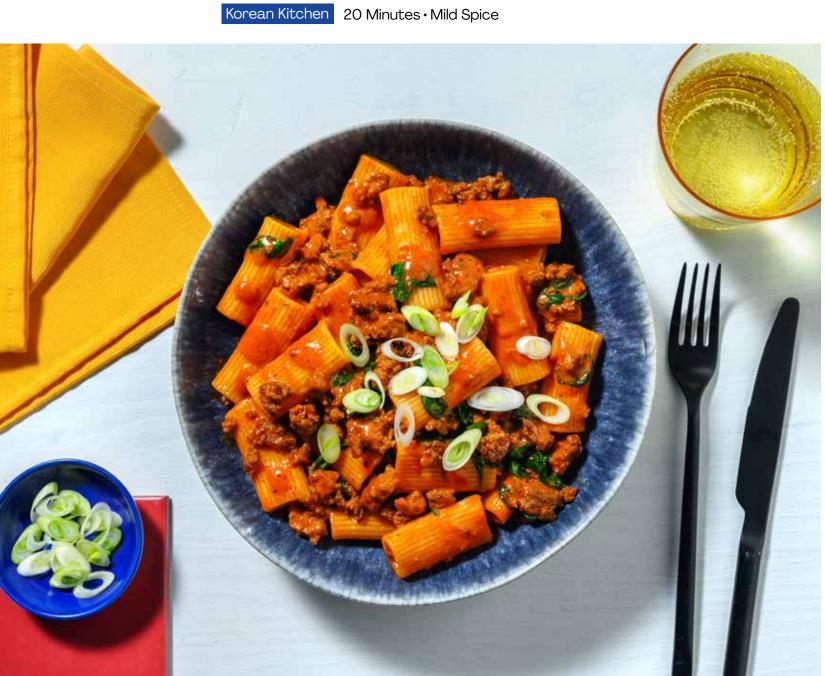


# Creamy Gochujang Beef Rigatoni with Spinach and Spring Onion









Rigatoni Pasta



Garlic Clove







Spring Onion

Tomato Puree



Creme Fraiche



Gochujang Paste

Chicken Stock



Baby Spinach

# Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

# Cooking tools

Kettle, saucepan, colander, frying pan and garlic press. Ingredients

Ingredients	2P	3P	4P	
Rigatoni Pasta 13)	180g	270g	360g	
Beef Mince**	240g	360g	480g	
Garlic Clove**	2	3	4	
Spring Onion**	1	2	2	
Tomato Puree	30g	45g	60g	
Gochujang Paste 11)	50g	80g	100g	
Creme Fraiche** 7)	75g	120g	150g	
Chicken Stock Paste	10g	15g	20g	
Baby Spinach**	40g	100g	100g	
Pantry	2P	3P	4P	
Sugar for the Sauce*	1/4 tsp	½ tsp	½ tsp	
Water for the Sauce*	100ml	150ml	200ml	
Butter*	20g	30g	40g	
*Not Included **Store in the Fridge				

#### **Nutrition**

Typical Values	Per serving	Per 100g
for uncooked ingredient	338g	100g
Energy (kJ/kcal)	3597 /860	1064 /254
Fat (g)	42.1	12.5
Sat. Fat (g)	21.6	6.4
Carbohydrate (g)	78.4	23.2
Sugars (g)	13.3	3.9
Protein (g)	42.9	12.7
Salt (g)	3.12	0.92

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

## Allergens

7) Milk 11) Soya 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.

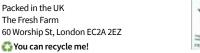
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Pasta Time

- a) Boil a full kettle. Pour the boiled water into a large saucepan with 1/2 tsp salt on high heat.
- **b)** Add the **rigatoni** and bring back to the boil. Cook until tender, 12 mins.
- c) 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

- a) While the pasta cooks, heat a large frying pan on medium-high heat (no oil).
- **b)** Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks. IMPORTANT: Wash your hands and equipment after handling raw mince.



## Grate and Slice

- a) While the beef cooks, peel and grate the garlic (or use a garlic press).
- **b)** Trim and thinly slice the **spring onion**.



# Get the Gochujang

- a) 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.
- b) Lower the pan to medium heat, then add the garlic and tomato puree. Cook for 1 min.
- c) Stir through the gochujang paste, creme fraiche, chicken stock paste, sugar and water for the sauce (see pantry for both amounts). Simmer until thickened slightly, 3-4 mins.



# **Finishing Touches**

- a) Add the spinach to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- b) Stir the butter (see pantry for amount) into the sauce until melted.
- c) Stir through the cooked rigatoni, then taste and season with salt and pepper if needed.



# Serve Up

- a) Share the creamy gochujang rigatoni between your bowls.
- **b)** Sprinkle over the **spring onion** to finish.

## Enjoy!