



# Spicy Harissa Beef and Pork Rigatoni with Mushrooms and Cheese

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

13



Rigatoni Pasta



Beef and Pork Mince



Sliced Mushrooms



Garlic Clove



Harissa Paste



Tomato Passata



Chicken Stock Paste



Worcester Sauce



Grated Hard Italian Style Cheese



Grated Hard Italian Style Cheese

### Pantry Items

Oil, Salt, Pepper, Sugar

### CUSTOM RECIPE

If you chose to add or double up on dairy, 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, colander, frying pan and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Rigatoni Pasta <b>13)</b>	180g	270g	360g
Beef and Pork Mince**	240g	360g	480g
Sliced Mushrooms**	80g	120g	160g
Garlic Clove**	2	3	4
Harissa Paste <b>14)</b>	50g	100g	100g
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Worcester Sauce <b>13)</b>	15g	22g	30g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	60g	80g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	80g	120g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 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	429g	100g	429g	100g
Energy (kJ/kcal)	3548 / 848	828 / 198	3548 / 848	828 / 198
Fat (g)	36.9	8.6	36.9	8.6
Sat. Fat (g)	11.0	2.6	11.0	2.6
Carbohydrate (g)	82.2	19.2	82.2	19.2
Sugars (g)	16.3	3.8	16.3	3.8
Protein (g)	44.8	10.5	44.8	10.5
Salt (g)	2.69	0.63	2.69	0.63

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

## Allergens

**7)** Milk **8)** Egg **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 **½ tsp salt**.

**b)** When boiling, add the **rigatoni** to the **water** and bring back to the boil. Cook until tender, 12 mins.

**c)** Once cooked, drain in a colander and pop back in the pan.

**d)** Drizzle with **oil** and stir through to stop it sticking together.



## Simmer the Sauce

**a)** Stir the **passata**, **chicken stock paste**, **Worcester sauce**, **sugar** and **water for the sauce** (see pantry for both amounts) into the **mince** pan.

**b)** Bring to the boil, then lower the heat and simmer until the **sauce** has thickened, 5-6 mins.



## Fry the Mince

**a)** Meanwhile, heat a large frying pan on medium-high heat with a drizzle of **oil**.

**b)** Once hot, add the **beef and pork mince** and **sliced mushrooms** and fry until browned, 5-6 mins.

**c)** Use a spoon to break the **mince** up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



## Combine and Stir

**a)** Once the **sauce** has thickened, add the **cooked pasta** to the pan and stir to combine.

**b)** Remove the pan from the heat and stir through **half the cheese**. Taste and season with **salt** and **pepper** if needed.

## CUSTOM RECIPE

If you've chosen to double up on **hard Italian style cheese**, cook the recipe in the same way.



## Add the Harissa

**a)** In the meantime, peel and grate the **garlic** (or use a garlic press).

**b)** Once the **mince** and **mushrooms** are cooked, drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** The mince is cooked when no longer pink in the middle.

**c)** Add the **garlic** and **harissa paste** (add less if you'd prefer things milder), stir-fry for 1 min.



## Serve

**a)** Spoon the **spicy harissa beef and pork rigatoni** into your serving bowls.

**b)** Sprinkle over the remaining **cheese** to finish.

## Enjoy!