



BBQ Beef Ragu Penne with Pepper and Cheddar Cheese

Classic 20 Minutes • Mild Spice • 2 of your 5 a day

2



Penne Pasta



Green Pepper



Red Onion



Garlic Clove



Red Chilli



Mature Cheddar Cheese



Beef Mince



Worcester Sauce



Tomato Passata



Beef Stock Paste



BBQ Sauce

Before you start

Our fruit and veggies 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

	2P	3P	4P
Penne Pasta 13)	180g	270g	360g
Green Pepper**	1	1	2
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Red Chilli**	1	1	1
Mature Cheddar Cheese** 7)	45g	90g	90g
Beef Mince**	240g	360g	480g
Worcester Sauce 13)	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Water for the Beef*	100ml	150ml	200ml
BBQ Sauce	32g	64g	64g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	514g	100g
Energy (kJ/kcal)	3373 /806	657 /157
Fat (g)	30	6
Sat. Fat (g)	14	3
Carbohydrate (g)	87	17
Sugars (g)	16	3
Protein (g)	45	9
Salt (g)	2.39	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

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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Cook the Pasta

a) Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **penne**.

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.



Make the Sauce

a) Once the **garlic** has cooked, add the **tomato passata**, **beef stock paste** and **water for the beef** (see ingredients for amount).

b) Bring to a boil and reduce the heat to a simmer.

c) Cook until thickened, 8-10 mins.



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 **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).

c) Halve the **chilli** lengthways, deseed and finely chop. Set aside for garnishing later.

d) Grate the **cheese**.



Finish Up

a) Once thickened, add the **BBQ sauce** to the **ragu** and bring to the boil. Season to taste with **salt** and **pepper**.

b) Add the **cooked pasta** to the pan, mix well to combine, then remove from the heat.



Fry the Beef

a) Heat a drizzle of **oil** in a frying pan on high heat.

b) When the **oil** is hot, add the **beef mince**, **pepper** and **chopped onion**. Cook until the **beef** is browned and the **veggies** are tender, 5-6 mins. 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.

c) When cooked, add the **garlic** and **Worcester sauce**. Cook, stirring frequently, 1 min.



Time to Serve

a) Share the **BBQ beef pasta** between your bowls.

b) Top with the **grated cheese**.

c) Sprinkle over the **red chilli** (careful - it's hot) for those who'd like some heat!

Enjoy!