



# BBQ Beef Ragu Rigatoni with Fresh Chilli and Cheese

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

10



Rigatoni Pasta



Bell Pepper



Onion



Garlic Clove



Green Chilli



Cheddar Cheese



Beef Mince



Worcester Sauce



Tomato Passata



Beef Stock Powder



BBQ Sauce

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Colander, Garlic Press, Grater, Frying Pan, Wooden Spoon, Measuring Jug, Bowl.

## Ingredients

	2P	3P	4P
Rigatoni Pasta <b>13</b>	200g	300g	400g
Bell Pepper***	1	1	2
Onion**	1	1	2
Garlic Clove	1	2	2
Green Chilli**	1	1	1
Cheddar Cheese <b>7</b> **	30g	45g	60g
Beef Mince**	240g	360g	480g
Worcester Sauce <b>13</b>	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Beef Stock Powder	1 sachet	2 sachets	2 sachets
Water for the Beef*	100ml	150ml	200ml
BBQ Sauce <b>13</b>	1 sachet	1 sachet	2 sachets

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	530g	100g
Energy (kJ/kcal)	3432 / 820	648 / 155
Fat (g)	26	5
Sat. Fat (g)	11	2
Carbohydrate (g)	101	19
Sugars (g)	22	4
Protein (g)	45	8
Salt (g)	1.94	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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### Pasta

**a)** Bring a saucepan of **water** up to the boil with ½ tsp **salt**.

**b)** When boiling, add the **rigatoni** and cook until tender, 12 minutes.

**c)** Once cooked, drain in a colander, pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.



### Prep

**a)** Meanwhile, halve the **pepper** and discard the core and seeds. Chop into 1cm sized chunks or as small as you can.

**b)** Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed then finely chop.

**c)** Grate the **cheese**.



### Cook 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**, **bell pepper** and **chopped onion** and cook until the **beef** is browned and the **veggies** tender, 5-6 mins. Use a wooden spoon to break the **mince** up as it cooks. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.*

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



### Let's Get Saucy

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

**b)** Bring to a boil and reduce the heat to a simmer. Cook until thickened, 8-10 mins.



### Finish Off

**a)** Once everything has cooked, pop the **BBQ sauce** into the pan with the **beef** and bring to the boil. Season the **beef** to taste with **salt** and **pepper**.

**b)** Pop the drained **pasta** into the pan with the **beef** and mix well to combine, then remove from the heat.



### Time To Serve

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

**b)** Top with the **grated cheese** and a sprinkle of **green chilli** (careful it's hot, add less if you don't like heat).

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.