



# BBQ Beef Ragu Rigatoni with Monterey Jack Cheese

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

8



Rigatoni Pasta



Bell Pepper



Onion



Garlic Clove



Green Chilli



Monterey Jack 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!

## Cooking tools, you will need:

Saucepan, Colander, Garlic Press, Grater, Frying Pan and Measuring Jug.

## Ingredients

	2P	3P	4P
Rigatoni Pasta <b>13)</b>	180g	270g	360g
Bell Pepper***	1	1	2
Onion**	1	1	2
Garlic Clove**	1	2	2
Green Chilli**	1	1	1
Monterey Jack 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 Paste	10g	15g	20g
Water for the Beef*	100ml	150ml	200ml
BBQ Sauce <b>13)</b>	32g	64g	64g

\*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	500g	100g
Energy (kJ/kcal)	3243 /775	649 /155
Fat (g)	27	5
Sat. Fat (g)	12	2
Carbohydrate (g)	88	18
Sugars (g)	18	4
Protein (g)	42	8
Salt (g)	2.26	0.45

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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HelloFresh UK

Packed in the UK

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## Cook the Pasta

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

**b)** When boiling, add the **pasta** 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.



## 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**. Cook until the **beef** is browned and the **veggies** are tender, 5-6 mins. Use a spoon to break it up 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.



## 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.



## Finish Off

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

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



## Time to Serve

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

**b)** Top with the **grated cheese**. Sprinkle over the **green chilli** (careful - it's hot) for those who'd like things extra spicy!

## 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.