



# BBQ Beef Ragu Rigatoni with Pepper and Cheddar Cheese

**Rapid** 20 Minutes • Mild Spice • 3 of your 5 a day

14



Rigatoni Pasta



Bell Pepper



Onion



Garlic Clove



Green Chilli



Mature Cheddar  
Cheese



Beef Mince



Tomato Passata



Red Wine  
Jus Paste



BBQ Sauce

**Pantry Items**  
Oil, Salt, Pepper

## 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, garlic press, grater and frying pan.

## Ingredients

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
Mature Cheddar Cheese** <b>7</b>	40g	60g	90g
Beef Mince**	240g	360g	480g
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Jus Paste <b>10</b> <b>14</b>	15g	22g	30g
BBQ Sauce	32g	48g	64g

Pantry	2P	3P	4P
Water for the Beef*	100ml	150ml	200ml

\*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

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3399 /812	657 /157
Fat (g)	29.0	6.0
Sat. Fat (g)	13.3	3.0
Carbohydrate (g)	91.1	18.0
Sugars (g)	20.0	4.0
Protein (g)	48.0	9.2
Salt (g)	2.0	0.4

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

## Allergens

**7)** Milk **10)** Celery **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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

 You can recycle me!



## Cook the Pasta

- Bring a large saucepan of **water** to the boil with **½ tsp salt**.
- When boiling, add the **pasta** to the **water** and bring back to the boil. Cook until tender, 12 mins.
- Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



## Make your Ragù

- Add the **tomato passata**, **red wine jus paste** and **water for the beef** (see pantry for amount) to the pan and stir to combine.
- Bring to the boil, then reduce the heat and simmer until thickened, 8-10 mins.



## Get Prepped

- Meanwhile, halve the **pepper** and discard the core and seeds. Chop into 1cm chunks or as small as you can.
- 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. Set aside for garnishing later.
- Grate the **cheese**.



## Combine and Stir

- Once thickened, stir the **BBQ sauce** into the **ragu**. Season to taste with **salt** and **pepper** if needed.
- Add the **cooked pasta** to the pan, mix well to combine, then remove from the heat.



## Fry the Beef and Veg

- Heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, add the **beef mince**, **pepper** and **onion**. Fry until the **beef** is browned and the **veg** is 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.
- Stir in the **garlic** and cook for 1 min more.



## Serve

- Share the **BBQ beef pasta** between your bowls.
- Top with the **grated cheese**.
- Sprinkle over the **green chilli** (add less if you'd prefer things milder).

## Enjoy!