







More Than Food
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Beef Ragout and Black Olive Salsa

We think this twist on the classic spag bol is a winner! Packed with flavour and extra nutrients, it will have everyone in your home going back for more - better get in there quick!



35 mins



4 of your
5 a day



family box



Beef Mince
(500g)



Onion
(2)



Garlic Clove
(2)



Yellow Pepper
(2)



Dried Thyme
(1 tbsp)



Tomato Purée
(2 tbsp)



Tomato Passata
(2 cartons)



Beef Stock Pot
(1)



Water
(400ml)



Basil
(2 bunches)



Rigatoni
(400g)



Black Olives
(60g)



Vine Tomato
(4)



Hard Italian Cheese
(80g)


4 PEOPLE INGREDIENTS

- Beef Mince **500g**
- Onion, chopped **2**
- Garlic Clove, chopped **2**
- Yellow Pepper, sliced **2**
- Dried Thyme **1 tbsp**
- Tomato Purée **2 tbsp**
- Tomato Passata **2 cartons**
- Beef Stock Pot **1**
- Water **400ml**
- Basil, torn **2 bunches**
- Rigatoni **400g**
- Black Olives, chopped **60g**
- Vine Tomato, chopped **4**
- Hard Italian Cheese **80g**

Allergens: Gluten, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	715 kcal / 3025 kJ	14 g	5 g	92 g	17 g	54 g	2 g
Per 100g	105 kcal / 442 kJ	2 g	1 g	13 g	3 g	8 g	0 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

In 2008 Italy spent \$65 million dollars to bail out the Parmigiano Reggiano and Grana Padano cheese industries.

Beef Stock Pot Ingredients: Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black Pepper.



1

1 Put a large frying pan on high heat and add a splash of **oil**. When the **oil** is hot add the **beef mince** to the pan. Break your **beef** up with a spoon and cook for 5 mins until nicely browned all over. Season with a generous pinch of **salt** and **pepper**.



2

2 While your **beef** is browning, get on with the rest of your prep. Cut the **onion** in half through the root. Peel and chop into ½cm cubes. Peel and grate the **garlic** (or use a garlic press if you have one). Remove the core from the **yellow pepper** and cut into ½cm slices.



3

3 Once your **beef** is browned, add your **onion** and **pepper** to the pan and cook for another 5 mins until your **onion** is soft. Stir in your **garlic**, **thyme** and **tomato purée** and cook for 1 minute more. Add the **tomato passata**, stir well and reduce the heat to low.



7

4 Dissolve the **beef stock pot** in boiling **water** (amount specified in the ingredient list) and add this to the pan. Bring your **sauce** to the boil and then lower the heat. Leave to simmer away for 20 mins. The **sauce** will reduce and thicken in this time - this is your ragout!

5 Pop a large pot of water on to boil. Pick the **leaves** from the **basil** and keep to one side. Chop your **basil stalks** as small as you can and add these to your **ragout**.

6 When your water comes to the boil, add a generous pinch of **salt** and the **rigatoni** and cook for 11 mins or until it is 'al dente'. **Tip:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle.

7 While your pasta cooks, prepare your salsa. Chop the **black olives** as small as you can and chop the **tomato** into ½cm cubes. Tear in half of your **basil leaves** and mix in a good glug of **oil**. Keep to one side.

8 When your **pasta** is cooked, drain into a colander (reserve a splash of the **cooking water**). Return your **pasta** and the **cooking water** to the pot, off the heat and mix well. Season with **salt** and **black pepper** to taste. Keep to one side.

9 Taste your **ragout** and season with more **salt** and **pepper** if necessary. Tear in your remaining **basil leaves**. Pour your **ragout** into your **pasta** and mix well. Serve in deep bowls and sprinkle on the grated **hard Italian cheese**, top with your **salsa** and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!