



More Than Food  
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## Beef Ragout with Rigatoni 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



Beef Mince (250g)



Onion (1)



Garlic Clove (1)



Yellow Pepper (1)



Dried Thyme  
(1/2 tsp)



Tomato Puree  
(1 tbsp)



Tomato Passata  
(1 carton)



Beef Stock Pot (1/2)



Water (200ml)



Basil (1 bunch)



Rigatoni (160g)



Black Olives (30g)



Vine Tomato (2)



Hard Italian Cheese  
(40g)

## 2 PEOPLE INGREDIENTS

- Beef Mince
- Onion, chopped
- Garlic Clove, grated
- Yellow Pepper, sliced
- Dried Thyme
- Tomato Pureé
- Tomato Passata

**250g**  
**1**  
**1**  
**1**  
**½ tbsp**  
**1 tbsp**  
**1 carton**

- Beef Stock Pot **½**
- Water **200ml**
- Basil, torn **1 bunch**
- Rigatoni **160g**
- Black Olives, chopped **30g**
- Vine Tomato, chopped **2**
- Hard Italian Cheese **40g**

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

### Did you know...

An almond knife is used for cutting and prising open whole wheels of Parmesan, its blade is almond-shaped, hence its name!

**Allergens:** Gluten, Milk.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	642 kcal / 2713 kJ	14 g	5 g	77 g	17 g	51 g	2 g
<b>Per 100g</b>	100 kcal / 422 kJ	2 g	1 g	12 g	3 g	8 g	0 g

**Beef Stock Pot:** 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 the beef up with a spoon and cook for 5 mins. 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. Your **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 the 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 is cooking, prepare the **salsa**. Chop the **black olives** as small as you can and chop the **tomato** into ½cm cubes, mix together in a bowl. 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 **beef ragout** and season with more **salt** and **pepper** if necessary. Tear in your remaining **basil leaves**. Pour your **beef ragout** into your cooked **pasta** and mix well. Serve in deep bowls and top with your **salsa**, sprinkle over the **hard Italian cheese** and enjoy!

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