



BBQ Beef Ragu

with Monterey Jack Cheese, Bell Pepper and Rigatoni

Rapid 20 Minutes • 2 of your 5 a day

Nº 23



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, Cutting Board, Knife, Garlic Press, Grater, Frying Pan and Bowls.

Ingredients

| | 2P | 3P | 4P |
|---------------------------|----------|------------|-----------|
| Rigatoni Pasta | 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 7)** | 30g | 45g | 60g |
| Beef Mince** | 240g | 360g | 480g |
| Worcester Sauce 13) | 1 sachet | 1 sachet | 2 sachets |
| Tomato Passata | 1 carton | 1½ cartons | 2 cartons |
| Beef Stock Paste | 10g | 15g | 20g |
| Water for Beef* | 100ml | 150ml | 200ml |
| BBQ Sauce 13) | 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 | 514g | 100g |
| Energy (kJ/kcal) | 3234 / 773 | 630 / 151 |
| Fat (g) | 25 | 5 |
| Sat. Fat (g) | 12 | 2 |
| Carbohydrate (g) | 90 | 17 |
| Sugars (g) | 19 | 4 |
| Protein (g) | 44 | 9 |
| Salt (g) | 2.13 | 0.42 |

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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Packed in the UK

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Pasta

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

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

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



Let's Get Saucy

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

b) Bring to the boil and reduce the heat to a simmer.

c) Cook until thickened, 8-10 mins.



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.

c) Peel and grate the **garlic** (or use a **garlic** press).

d) Halve the **chilli** lengthways, deseed then finely chop.

e) Grate the **cheese**.



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.



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 it up as it cooks.

c) When cooked, add the **garlic** and **Worcester sauce**. Cook, stirring frequently, 1 min.
IMPORTANT: Wash your hands after handling raw mince. The mince is cooked when no longer pink in the middle.



Time to Serve

a) Share the **BBQ 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.