



# Mexican-inspired Beef Rigatoni

with paprika and parsley

Family Quick Cook 20-25 mins

3



Beef Mince



Onion



Paprika



Passata



Creme Fraiche



Bell Pepper



Garlic



Dried Rigatoni



Grated Cheese



Parsley



Worcester Sauce

Pantry Items: Oil, Pepper, Salt, Water



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Colander, grater

## Ingredients

	2P	4P
Beef Mince	250 g	500 g
Onion	1 unit	2 units
Paprika	1 sachet	2 sachets
Passata	1 pack	2 packs
Creme Fraiche	65 g	110 g
Bell Pepper	1 unit	2 units
Garlic	1 unit	2 units
Dried Rigatoni	180 g	360 g
Grated Cheese	50 g	100 g
Parsley	5 g	10 g
Worcester Sauce	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	530.5 g	100 g
Energy (kJ/kcal)	3853.5 kJ/ 921 kcal	726.4 kJ/ 173.6 kcal
Fat (g)	38 g	7.2 g
Sat. Fat (g)	19.9 g	3.8 g
Carbohydrate (g)	92.6 g	17.5 g
Sugars (g)	21.1 g	4 g
Protein (g)	46.7 g	8.8 g
Salt (g)	3.1 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

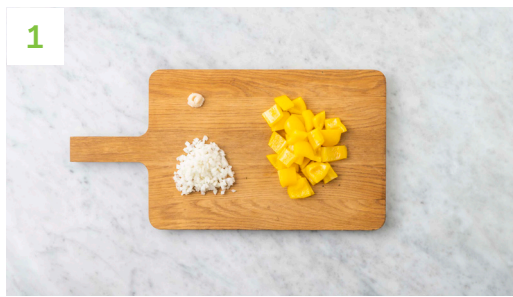
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## Cook the Pasta

- Boil a large pot of **salted water**.
- When boiling, add the **pasta**. Bring back to the boil and cook until softened, 12 mins.
- Drain in a colander and return to the pot, off the heat. Drizzle with **oil** and toss to prevent sticking.
- Halve, peel and finely chop the **onion**. Peel and grate the **garlic** (or use a garlic press).
- Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.

**TIP:** To save time you can boil the water in your kettle.



## Finish and Serve

- Divide the **pasta** between deep plates or bowls.
- Dollop a spoonful of **creme fraiche** on top.
- Garnish with the **parsley** and remaining **cheese**.

## Enjoy!



## Fry the Mince

- Meanwhile, place a pan over medium-high heat with a drizzle of **oil**.
- Fry the **onion** until softened, 4-5 mins.
- Add the **beef mince**, **garlic** and **paprika**. Fry until browned, 5-6 mins. Use a spoon to break it up. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.
- Add the **bell pepper**, **passata** and **Worcester sauce** and cook for 6-8 mins.



## Add the Rigatoni

- Add the cooked **pasta** to the **beef mince** with along with **half** the **cheese**.
- Mix well to evenly coat.
- Season to taste with **salt** and **pepper**.
- Cook until the **pasta** is warmed through, 2-3 mins.
- Meanwhile, roughly chop the **parsley** (stalks and all).