



BBQ Beef Ragu Rigatoni

with fresh chilli and sprinkled cheese

Family Quick Cook 20 – 25 mins • Optional spice

3



Beef Mince



Dried Rigatoni



Bell Pepper



Onion



Garlic



Grated Cheese



Chilli



Worcester Sauce



Passata



BBQ Sauce



Vegetable Stock

Pantry Items: Water, Oil, Salt, Pepper



Rate your recipe!

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
Dried Rigatoni	180 g	360 g
Bell Pepper	1 unit	2 units
Onion	1 unit	2 units
Garlic	1 unit	2 units
Grated Cheese	50 g	100 g
Chilli	1 unit	2 units
Worcester Sauce	1 sachet	2 sachets
Passata	1 pack	2 packs
BBQ Sauce	2 sachets	4 sachets
Vegetable Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	517 g	100 g
Energy (kJ/kcal)	3623 kJ/ 866kcal	701 kJ/ 168 kcal
Fat (g)	30.4 g	5.9 g
Sat. Fat (g)	14.7 g	2.8 g
Carbohydrate (g)	95.8 g	18.5 g
Sugars (g)	23.3 g	4.5 g
Protein (g)	46.5 g	9 g
Salt (g)	2.7 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

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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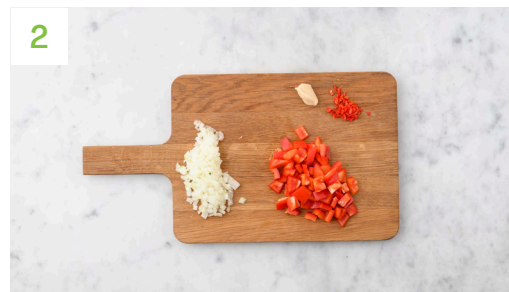
You can recycle me!



Cook the Pasta

- Boil a pot of **salted water** for the **rigatoni**.
- When boiling, add the **rigatoni** and cook until softened, 12 mins.
- Once cooked, drain in a colander and pop back in the pot, off the heat.
- Drizzle with **oil** and stir through to prevent sticking.

TIP: *If you're in a hurry you can boil the water in your kettle.*



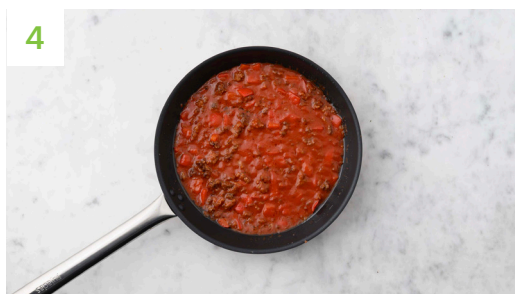
Prep the Veg

- Meanwhile, halve the **pepper** and discard the core and seeds. Chop into 1cm chunks (or as small as you can get it).
- 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.



Make the Mince

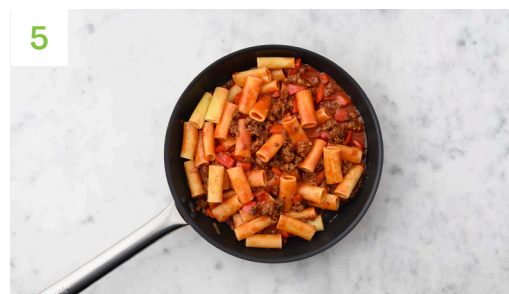
- Place a pan over high heat with a drizzle of **oil**.
- When hot, add the **beef mince**, **bell pepper** and **onion**.
- Cook until the **beef** is browned, breaking it up with a spoon as it cooks, 5-6 mins.
- When browned, add the **garlic** and **Worcester sauce**.
- Cook until fragrant, stirring frequently, 1 min.
IMPORTANT: Wash hands and equipment after handling raw meat. Mince is cooked when no longer pink in the middle.



Start the Sauce

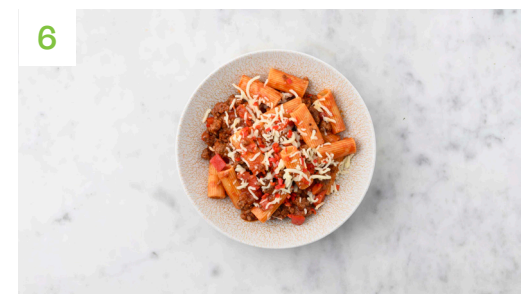
- Once fragrant, add the **passata**, **stock** and 100ml **water** (double for 4p).
- Bring to the boil then reduce to a simmer.
- Cook until thickened, 8-10 mins.

TIP: *Loosen the sauce with a splash of water if you feel it's too thick.*



Add the Rigatoni

- Once the ragu has reduced, season to taste with **salt** and **pepper**.
- Add the drained **rigatoni** to the pan.
- Stir through the **BBQ sauce**.
- Mix well to combine and remove the pan from the heat.



Finish and Serve

- Share the BBQ **beef pasta** between bowls.
- Top with a scattering of **cheese**.
- Finish with a sprinkling of chopped **chilli** (use less if you don't like spice).

Enjoy!