



BBQ Beef Rigatoni

with chilli pepper and cheddar cheese

Family Quick Cook 20-25 mins • Optional spice

3



Beef Mince



Bell Pepper



Onion



Garlic



Grated Cheese



Dried Rigatoni



Chilli



Worcester Sauce



Passata



BBQ Sauce



Beef Stock

Pantry Items: Water, Oil, Salt, Pepper

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

Nutrition

	Per serving	Per 100g
for uncooked ingredients	519 g	100 g
Energy (kJ/kcal)	3456 kJ/ 826 kcal	665.9 kJ/ 159.2 kcal
Fat (g)	30.3 g	5.8 g
Sat. Fat (g)	14.8 g	2.9 g
Carbohydrate (g)	89.5 g	17.2 g
Sugars (g)	19.2 g	3.7 g
Protein (g)	47.3 g	9.1 g
Salt (g)	2.3 g	0.4 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.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



You can recycle me!



Cook the Pasta

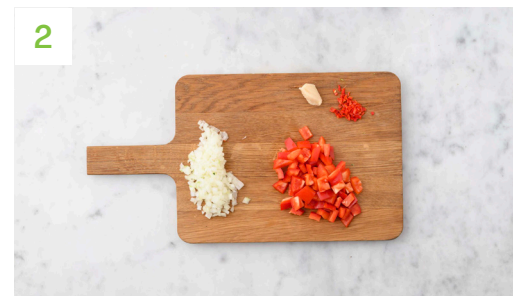
- Boil a pot of **salted water** for the **rigatoni**.
- When boiling, add the **rigatoni** and cook until softened, 12 mins.
- Once cooked, drain in a colander and pop back in the pot.
- Drizzle with **oil** and stir through to prevent sticking.

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



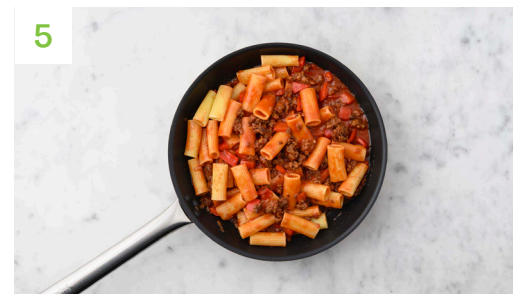
Start the Sauce

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



Prep the Veg

- Meanwhile, halve the **pepper** and discard the core and seeds. Chop into 1cm chunks (or as small as you're able).
- 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.



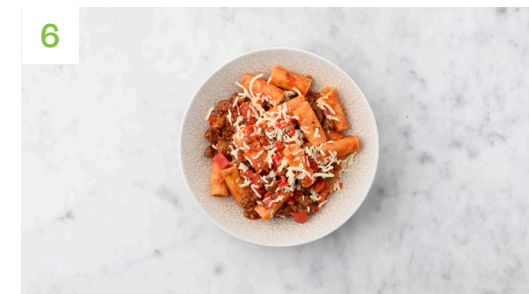
Add the Rigatoni

- Once the sauce has reduced, pop the **BBQ sauce** into the pan and bring to the boil.
- Season to taste with **salt** and **pepper**.
- Pop the drained **rigatoni** into the pan.
- Mix well to combine and remove from the heat.



Make the Mince

- Place a pan over high heat with a drizzle of **oil**.
- When hot, add the **beef mince**, **bell pepper** and chopped **onion**.
- Cook until the **beef** is browned and veg is tender, 5-6 mins. Use a wooden spoon to break up the **beef** as it cooks.
- When cooked, 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.



Finish and Serve

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

Enjoy!