



Mexican-inspired Beef Rigatoni with paprika and cheddar

Classic Quick Cook 20-25 mins

3



Beef Mince



Garlic



Creme Fraiche



Grated Cheddar



Bell Pepper



Parsley



Paprika



Dried Rigatoni



Onion



Chopped Tomatoes

Pantry Items: Oil, Pepper, Salt, Water

Before you start

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

Cooking tools you will need

Grater, Colander

Ingredients

	2P	4P
Beef Mince	250 g	500 g
Garlic	1 unit	2 units
Crema Fraiche 7)	62 ½ g	125 g
Grated Cheddar 7)	50 g	100 g
Bell Pepper	1 unit	2 units
Parsley	10 g	20 g
Paprika 9)	1 sachet	2 sachets
Dried Rigatoni 9) 11) 15)	180 g	360 g
Onion	1 unit	2 units
Chopped Tomatoes	½ pack	1 pack

Nutrition

	Per serving	Per 100g
for uncooked ingredients	525.2 g	100 g
Energy (kJ/kcal)	3792.5 kJ/ 906.4 kcal	722 kJ/ 172.6 kcal
Fat (g)	42.2 g	8 g
Sat. Fat (g)	22.5 g	4.3 g
Carbohydrate (g)	81.1 g	15.4 g
Sugars (g)	13.9 g	2.6 g
Protein (g)	47.3 g	9 g
Salt (g)	1.6 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **9)** Mustard **11)** Soya **15)** Wheat

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.

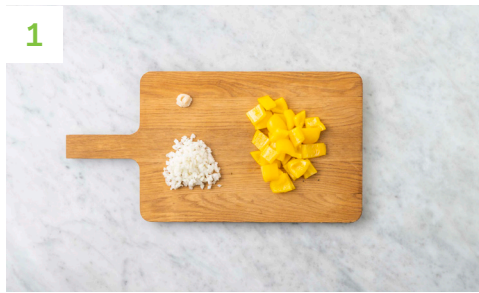
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Cook the Pasta

- Boil a large pot of **salted water**.
- When boiling add the **pasta**. Bring back to the boil. Cook until tender, 12 mins. Once cooked drain in a colander and pop back in the pot.
- Drizzle with **oil** and stir to prevent sticking.
- Halve, peel and finely chop the **onion**. Peel and grate the **garlic** (or use a garlic press). Halve the **bell pepper**, discard the core and seeds. Chop into 2cm chunks.

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

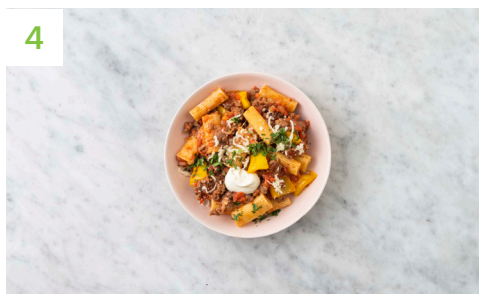


Plate and Serve

- Divide the **pasta** between plates and scoop a spoonful of **creme fraiche** on top.
- Garnish with the remaining **grated cheddar** and **parsley**.

Enjoy!



Fry the Mince

- Meanwhile, heat a drizzle of **oil** in a pan on medium-high heat.
- Add the **onion** and fry 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 your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.
- Add the **pepper**, half the **chopped tomatoes** (double for 4p) and cook, 6-8 mins.



Heat It Up

- Add the cooked **pasta** to the **beef mince** with half the **grated cheddar**. Mix well.
- Season to taste with **salt** and **pepper**. Heat for an additional 2-3 mins, until the **pasta** is warmed through.
- Meanwhile, roughly chop the **parsley** (stalks and all).