



Everything But The Chef

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## Beef Rigatoni Bolognese

If you haven't tried bolognese with tubular rigatoni before, we think you'll be pleasantly surprised. This pasta is perfectly designed to catch all of that beautiful sauce. Together with a classic base of onion, carrot, celery and garlic, it's easy to see how this classic dish has become so ubiquitous. Following tradition certainly pays off here – this authentic pasta is perfect!

**Prep:** 10 mins  
**Cook:** 35 mins  
**Total:** 45 mins  
 level 1  
 nut free

### Pantry Items

Olive Oil  
 Sugar

Water

Brown Onion	Celery	Carrot	Garlic	Beef Mince	Diced Tomatoes
Tomato Paste	Dried Herbs	Parsley	Rigatoni Pasta	Parmesan Cheese	

Qty	Ingredients
1 tbs	olive oil *
1	brown onion, finely chopped
2 stalks	celery, finely chopped
1	carrot, peeled & finely chopped
2 cloves	garlic, peeled & crushed
500 g	beef mince
2 tins	diced tomatoes
2 tbs	tomato paste
2 tsp	sugar *
2 tsp	dried herbs
½ cup	water *
½ bunch	parsley, finely chopped
500 g	rigatoni pasta
1 block	Parmesan cheese

⊕ May feature in another recipe

\* Pantry Items

Servings per recipe: 4

Nutrition per serve

Energy	3310	Kj
Protein	49.5	g
Fat, total	17.9	g
-saturated	6.7	g
Carbohydrate	103	g
-sugars	12.3	g
Sodium	274	mg

1a



**You will need:** *chopping board, chef's knife, garlic crusher, grater, vegetable peeler, pot, colander, medium frying pan, and a wooden spoon.*

1b



**1** Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **brown onion**, **celery**, and **carrot** and cook, stirring, for **7-8 minutes** or until soft. Add the **garlic** and cook for a further **1 minute** or until fragrant. Add the **beef mince** and cook, breaking up with a wooden spoon, for **5 minutes** or until browned. Add the **diced tomatoes** and bring to the boil. Stir through the **tomato paste**, **sugar**, **Italian dried herbs** and **water**. Cover with a lid and simmer over a medium-low heat for **15 minutes**. Remove the lid and cook, uncovered, for a further **5 minutes**, until it thickens slightly. Stir through half of the **parsley** and season to taste with **salt** and **pepper**.

1c



**2** Meanwhile, bring a pot of salted water to the boil. Add the **rigatoni pasta** to the boiling water and cook for approximately **10 minutes** or until al dente, stirring regularly to ensure the rigatoni does not stick. Drain. Return to the pot and stir the bolognese sauce through the rigatoni to coat well.

2



**3** Divide the rigatoni bolognese between bowls. Garnish with the remaining parsley and grate the **Parmesan cheese** over the sauce.

**Did you know?** Rigatoni was the muse for a series of 1980s commercials for Barilla by the famous Italian director, Federico Fellini.