



# Creamy Gochujang Beef Rigatoni with Spinach and Spring Onion

Rapid 20 Minutes • Medium Spice

13



Rigatoni Pasta



Beef Mince



Garlic Clove



Spring Onion



Tomato Puree



Gochujang Paste



Creme Fraiche



Chicken Stock  
Paste



Baby Spinach

#### Pantry Items

Oil, Salt, Pepper, Sugar, Butter

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Kettle, saucepan, colander, frying pan and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Rigatoni Pasta <b>13)</b>	180g	270g	360g
Beef Mince**	240g	360g	480g
Garlic Clove**	2	3	4
Spring Onion**	1	2	2
Tomato Puree	30g	45g	60g
Gochujang Paste <b>11)</b>	50g	80g	100g
Crème Fraîche** <b>7)</b>	75g	120g	150g
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g

Pantry	2P	3P	4P
Sugar for the Sauce*	¼ tsp	½ tsp	½ tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving 338g	Per 100g 100g
Energy (kJ/kcal)	3597 /860	1064 /254
Fat (g)	42.1	12.4
Sat. Fat (g)	21.6	6.4
Carbohydrate (g)	78.4	23.2
Sugars (g)	13.3	3.9
Protein (g)	42.9	12.7
Salt (g)	3.12	0.92

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7) Milk 11) Soya 13) Cereals** containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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### Pasta Time

- Boil a full kettle. Pour the **boiled water** into a large saucepan with **½ tsp salt** on high heat.
- Add the **rigatoni** and bring back to the boil. Cook until tender, 12 mins.
- Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



### Get the Gochujang

- When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*
- Lower the pan to medium heat, then add the **garlic** and **tomato puree**. Cook for 1 min.
- Stir through the **gochujang paste**, **crème fraiche**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Simmer until thickened slightly, 3-4 mins.



### Fry the Beef

- While the **pasta** cooks, heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*



### Finishing Touches

- Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Stir the **butter** (see pantry for amount) into the **sauce** until melted.
- Stir through the **cooked rigatoni**, then taste and season with **salt** and **pepper** if needed.



### Grate and Slice

- While the **beef** cooks, peel and grate the **garlic** (or use a garlic press).
- Trim and thinly slice the **spring onion**.



### Serve Up

- Share the **creamy gochujang rigatoni** between your bowls.
- Sprinkle over the **spring onion** to finish.

### Enjoy!