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Italian Bolognese with Rigatoni & Parmesan Cheese

Enjoy this trip back to the old country with a dish that's as comforting as a hug from Nonna in the kitchen and as familiar as a glass of red wine. We've subbed in delicious rigatoni instead of spaghetti for this dish - it's perfect for catching every little bit of delicious sauce!

 **Prep:** 10 mins
 **Cook:** 35 mins
Total: 45 mins

 level 1

 nut free

 winter warmers

Pantry Items



Olive Oil



Sugar



Water



Brown Onion



Celery



Carrot



Garlic



Beef Mince



Diced Tomatoes



Tomato Paste



Dried Italian Herbs



Parsley



Rigatoni Pasta



Parmesan Cheese

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

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3350	Kj
Protein	49.9	g
Fat, total	17.9	g
-saturated	6.7	g
Carbohydrate	104	g
-sugars	13.4	g
Sodium	271	mg



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



1 Heat the **olive oil** in a large 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, dried Italian 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** or until the sauce thickens slightly. Stir through half of the **parsley** and season to taste with **salt** and **pepper**.



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 together. Drain. Stir the drained rigatoni through the bolognese sauce to coat well.



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

Did you know? The first documented bolognese recipe dates back to 1891. It was published by an Italian writer, Pellegrino Artusi, in his cookbook "The Science of Cooking and the Art of Fine Dining".