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One-Pot Italian Rigatoni with Basil & Parmesan

Sometimes taking a shortcut doesn't pay off (like when Dad improvises on a road trip). Other times though, it's the recipe for amazing, flavoursome pasta that tastes incredible. This is one of those times!

 **Prep:** 15 mins
 **Cook:** 25 mins
 **Total:** 40 mins **level 1**

Pantry Items



Olive Oil



Water



Beef Mince



Brown Onion



Red Capsicum



Carrot



Garlic



Italian Herbs



Diced Tomatoes



Tomato Paste



Rigatoni



Parmesan Cheese





Basil

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QTY	Ingredients
1 tbs	olive oil *
1 packet	beef mince
1	brown onion, finely diced
1	red capsicum, cut into 1 cm cubes
1	carrot, peeled & finely diced
2 cloves	garlic, peeled & crushed 
1 sachet	Italian herbs
1 tin	diced tomatoes
1 sachet	tomato paste
3 cups	water *
400 g	rigatoni (<i>note: adding extra pasta will alter the flavour of the dish</i>)
1 block	Parmesan cheese, finely grated
1 bunch	basil, leaves picked & torn

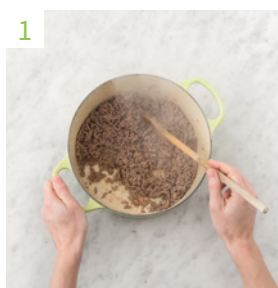
 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2890	Kj
Protein	46	g
Fat, total	17.6	g
-saturated	6.7	g
Carbohydrate	82.3	g
-sugars	9.7	g
Sodium	257	mg



You will need: *chef's knife, chopping board, vegetable peeler, garlic crusher, fine grater, large saucepan with lid and wooden spoon.*

1 Heat the **olive oil** in a large saucepan over a medium-high heat. Add the **beef mince** and cook, breaking up with wooden spoon, for **3-4 minutes**, or until browned.



2 Add the **brown onion**, **red capsicum** and **carrot** and cook for **5 minutes**, or until softened. Add the **garlic** and **Italian herbs** and season with **salt** and **pepper**. Cook for **1 minute**, or until fragrant.

3 Add the **diced tomatoes**, **tomato paste** and **water** and bring up to the boil. Season generously with salt and pepper, then add the uncooked **rigatoni** and reduce the heat to low. Cover with a lid and simmer, stirring occasionally for **15 minutes**, or until cooked through. If your pasta is running dry, add a splash of water and continue cooking for a little longer.

Note: be sure to add the correct amount of pasta in order for your dish to be balanced, just the way we planned it!



4 To serve, divide the rigatoni between bowls and top with the **Parmesan cheese** and **basil leaves**. Enjoy!



Did you know? Onions have been eaten by humans for at least 7,000 years.