



# Rich Spiced Beef Arrabiata

with cheese and chilli flakes

Family Quick Cook 20-25 mins • Optional spice

6



Beef Strips



Garlic



Beef Stock



Dried Chilli Flakes



Grated Cheese



Dried Linguine



Passata



Red Wine Jus

Pantry Items: Oil, Water, Salt, Sugar, Pepper



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## Before you start

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

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Colander, grater

## Ingredients

	2P	4P
Beef Strips	250 g	500 g
Garlic	1 unit	2 units
Beef Stock	1 sachet	2 sachets
Dried Chilli Flakes	1 sachet	2 sachets
Grated Cheese	50 g	100 g
Dried Linguine	180 g	360 g
Passata	1 pack	2 packs
Red Wine Jus	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>382.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2702.9 kJ/ 646 kcal	706.6 kJ/ 168.9 kcal
Fat (g)	12.2 g	3.2 g
Sat. Fat (g)	8 g	2.1 g
Carbohydrate (g)	75.5 g	19.7 g
Sugars (g)	9.8 g	2.6 g
Protein (g)	47.9 g	12.5 g
Salt (g)	2.4 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

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.

## Contact

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For any questions, contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



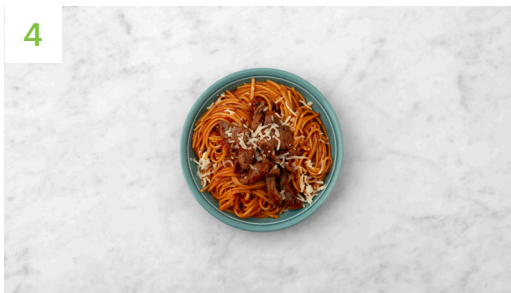
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## Cook the Pasta

- Boil a large pot of **salted water** for the **pasta**.
- When boiling, add the **pasta** to the **water** and bring back to the boil.
- Cook until softened, 12 mins.
- Once cooked, drain in a colander and pop back in the pot (off the heat). Drizzle with **oil** and stir through to prevent sticking.
- Peel and grate the **garlic** (or use a garlic press).

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



## Garnish and Serve

- Share the **beef** arrabiata between bowls.
- Finish with a sprinkling of **cheese**.

## Enjoy!



## Fry the Beef

- Place a large pan over high heat with a drizzle of **oil**.
- Once the pan is hot, fry the **beef strips** shifting as they colour, until cooked through, 2-3 mins. **IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging. Meat is safe to eat when the outside is browned.
- Season with **salt** and **pepper**.
- Once browned, remove from the pan and set aside.
- Return the pan to medium-high heat.



## Simmer the Sauce

- Add the **red wine jus**, **stock powder**, **passata**, **chilli flakes** (use less if you don't like spice), **garlic**, 100ml **water** and ½ tsp **sugar** (double both for 4p) to the pan.
- Bring to a boil then reduce to a simmer.
- Cook, stirring occasionally, until thickened, 10-12 mins.
- Season to taste with **salt**, **pepper** and **sugar**. Stir through a knob of **butter**. Add a splash of **water** sauce if the sauce is too thick.
- Before serving, toss **pasta** and **beef** through the sauce.