



Product Spotlight: Baby Spinach

Baby spinach is harvested earlier than regular spinach and is low in calories and fat-free, yet loaded with nutrients including vitamins A and K, and folate!



Beef Sausage Rigatoni

A delicious sausage-style pasta using the herb-based beef kofta mince from Dirty Clean Foods, tossed with a parmesan cheese sugo and rigatoni pasta.



20 minutes



2 servings



Beef

4 August 2023

Spice it up!

You can use fennel seeds, crushed garlic and dried chilli flakes for a full flavoured pasta dish!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	54g	17g	110g

FROM YOUR BOX

SHORT PASTA	500g
BROWN ONION	1
BEEF KOFTAS	300g
RED CAPSICUM	1
TOMATO SUGO	1 jar
BABY SPINACH	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried rosemary

KEY UTENSILS

large frypan, saucepan

NOTES

You can cook the whole packet of pasta for extra serves. Add an extra 1/2 cup water in step 3 to stretch out the sauce.

You could also use the koftas to roll mini meatballs instead of breaking down the mince.

No gluten option – pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add 1/2 packet pasta to boiling water and cook according to packet instructions or until al dente (see notes). Drain and set aside.



2. SAUTÉ THE BEEF

Dice onion. Add to a frypan over medium-high heat with **oil** and **1/2 tsp rosemary**. Break apart beef koftas with hands and add to pan (see notes). Break down slightly with a spoon. Cook for 6-8 minutes until browned.



3. SIMMER THE SAUCE

Slice and add capsicum to pan. Cook for 2 minutes. Pour in sugo along with **1/2 cup water**. Simmer for 5 minutes.



4. FINISH AND SERVE

Stir spinach into sauce until wilted. Toss cooked pasta through sauce until combined. Season with **salt and pepper** to taste. Serve pasta at the table.



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