

Ragù Rigatoni

Soffritto first, then meat – a lighter ragù that still earns its time on the stove.

01

Check Your Pantry First

☐ Olive oil

☐ Salt & black pepper

☐ Garlic

02

Need to Buy

Follow the order – it maps how you walk the grocery.

FRUITS & VEGETABLES3 ITEMS

☐ Yellow onions

x1

☐ Carrots

x2

☐ Celery stalks

x2

PANTRY & DRY GOODS5 ITEMS

☐ Rigatoni

200g

☐ Canned crushed tomatoes

1 can

☐ Tomato paste

2 tbsp

☐ Chicken stock / red wine

2 tbsp

☐ Dried bay leaf

x1

SUBSTITUTES

• Chicken + pork mince = all beef mince – more traditional, heavier

• Vegan = assorted mushrooms, 500g, finely chopped – same soffritto method

• Milk = omit – ragù will be slightly more acidic

FRESH PROTEINS2 ITEMS

☐ Chicken mince

250g

☐ Pork mince

250g

CHILLED & DAIRY2 ITEMS

☐ Whole milk

100ml

☐ Parmesan, block

200g

03

Where to Shop

End at the deli counter. Everything else is one walk through the supermarket.

01

Mauceri KLFresh pasta

Available at QRA Arcoris Mont Kiara (arcoris.qrafoods.com). For anyone who wants fresh rigatoni or spaghetti instead of dried. instagram.com/mauceri_kl

02

Supermarket

Produce, fresh meat, pantry aisle

03

THIS WEEK'S MEALS

01

Ragù Rigatoni

2 HOURS | MEDIUM

02

Pesto Pasta

15 MIN | EASY

03

Classic Cabonara

20 MIN | EASY

04

Aglione Olio

15 MIN | EASY

05

Spicy Rigatoni alla Vodka

25 MIN | MEDIUM