



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Salsa

We love this mild salsa by Nature's Delight. It has a clean ingredient list and is also naturally gluten-free with no added artificial colours and/or flavours.



Mix it up!

You can cook the vegetable toppings with the beef to make the dish warmer if preferred! Stir sour cream or grated cheese through the sauce for a yummy twist.

C4 Beef Taco Pasta

Mexican beef mince tossed through pasta with a delicious tomato salsa and finished with a colourful fresh topping!



25 minutes



4 servings



Beef

25 November 2022

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	48g	10g	108g

FROM YOUR BOX

SHORT PASTA	500g
BROWN ONION	1
BEEF MINCE	600g
RED CAPSICUM	1
GREEN CAPSICUM	1
CORN COB	1
SALSA	1 jar

FROM YOUR PANTRY

salt, pepper, smoked paprika, ground cumin

KEY UTENSILS

large frypan, saucepan

NOTES

You can stir the toppings through the pasta if preferred.

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta to boiling water and cook according to packet instructions or until al dente. Reserve **1 cup pasta water** before draining (see step 4).



2. COOK THE BEEF

Heat a frypan over medium-high heat. Dice and add onion along with beef, **1 tbsp smoked paprika, 1 tbsp ground cumin, salt and pepper**. Cook for 8 minutes until browned.



3. PREPARE THE TOPPINGS

Meanwhile, dice capsicums and remove corn from cob. Set aside.



4. TOSS THE PASTA

Add salsa to beef along with cooked pasta and **1 cup pasta water** (see notes). Toss to combine and season with **salt and pepper** to taste.



5. FINISH AND SERVE

Bring pasta to table to serve. Garnish with toppings of choice (see notes).

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

