



Product Spotlight: Salsa

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



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

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.

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**. 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).



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