



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



4/6 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
4/6 Person:	36g/37g	20g/21g	52g/54g

FROM YOUR BOX

	4 PERSON	6 PERSON
SHORT PASTA	500g	500g
BROWN ONION	1	1
BEEF MINCE	600g	600g + 300g
RED CAPSICUM	1	2
GREEN CAPSICUM	1	2
CORN COB	1	2
SALSA	1 jar	2 jars

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).



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.



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.

6P - use 1 1/2-2 tbsp of each smoked paprika and cumin.



5. FINISH AND SERVE

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



3. PREPARE THE TOPPINGS

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



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