



### 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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