DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Taco Veggie Pasta Bake

A Mexican–inspired pasta bake featuring sweet corn, red capsicum, and spring onions in a smokey tomato sauce, topped with melted cheddar cheese.

30 minutes   2 servings   Vegetarian

FROM YOUR BOX

SHORT PASTA	1 packet
RED CAPSICUM	1
SPRING ONIONS	1 bunch
CORN COB	1
TINNED CHOPPED TOMATOES	400g
SHREDDED CHEDDAR CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper, smoked paprika, ground cumin

NOTES

You can add some tinned black beans or kidney beans for extra protein.

No gluten option – pasta is replaced with GF pasta.

1. COOK THE PASTA

Set oven to 220°C.
Bring a saucepan of **water** to a boil. Add 1/2 packet **pasta** and cook according to packet instructions or until al dente. Reserve **1/4 cup pasta water** before draining.

TIP *You can cook the whole packet of pasta if you want extra serves and add more vegetables and seasoning as needed.*

2. SAUTÉ THE VEGETABLES

Dice **capsicum** and slice **spring onions** (saving some green tops for garnish). Remove **corn** kernels from cob. Heat a frypan over medium heat with **oil**. Add capsicum, corn, and white ends of spring onion. Cook for 4-5 minutes until softened. Stir in **2 tsp ground cumin** and **1 tsp smoked paprika**. Cook for 1 minute until fragrant.

TIP *For extra depth, add some crushed garlic, dried oregano or a pinch of ground chilli.*

3. TOSS THE PASTA AND BAKE

Stir **tinned tomatoes** and reserved pasta water into pan. Simmer for 2-3 minutes. Add cooked pasta and toss to coat. Transfer to an ovenproof dish. Sprinkle shredded **cheddar cheese** over top and bake for 10-12 minutes or until cheese is melted and golden.

TIP *For added crunch, sprinkle breadcrumbs or crushed tortilla chips over the cheese before baking.*

4. FINISH AND SERVE

Garnish with reserved spring onion tops and serve.

TIP *Serve with a dollop of sour cream or a drizzle of lime juice for a fresh finish. Add some diced or sliced avocado for a creamy topping.*

This recipe has simplified instructions to help lower your meal cost.