



## 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



4/6 servings



Vegetarian

## FROM YOUR BOX

	4 PERSON	6 PERSON
SHORT PASTA	1 packet	2 packets
RED CAPSICUM	1	2
SPRING ONIONS	1 bunch	2 bunches
CORN COBS	2	3
CHOPPED TOMATOES	400g	2 x 400g
TOMATO PASTE	1 sachet	2 sachets
SHREDDED CHEDDAR	1 packet	2 packets

## 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.**

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## 1. COOK THE PASTA

Set oven to 220°C.

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

**6P – add 1 1/2 packets pasta.**

## 2. SAUTÉ THE VEGETABLES

Dice **capsicum** and slice **spring onions** (saving some green tops for garnish). Remove **corn kernels** from **cobs**. 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, 2 tsp smoked paprika, and tomato paste**. Cook for 1 minute until fragrant.

**6P – stir in 3 tsp ground cumin, 3 tsp smoked paprika and tomato paste.**

**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.**