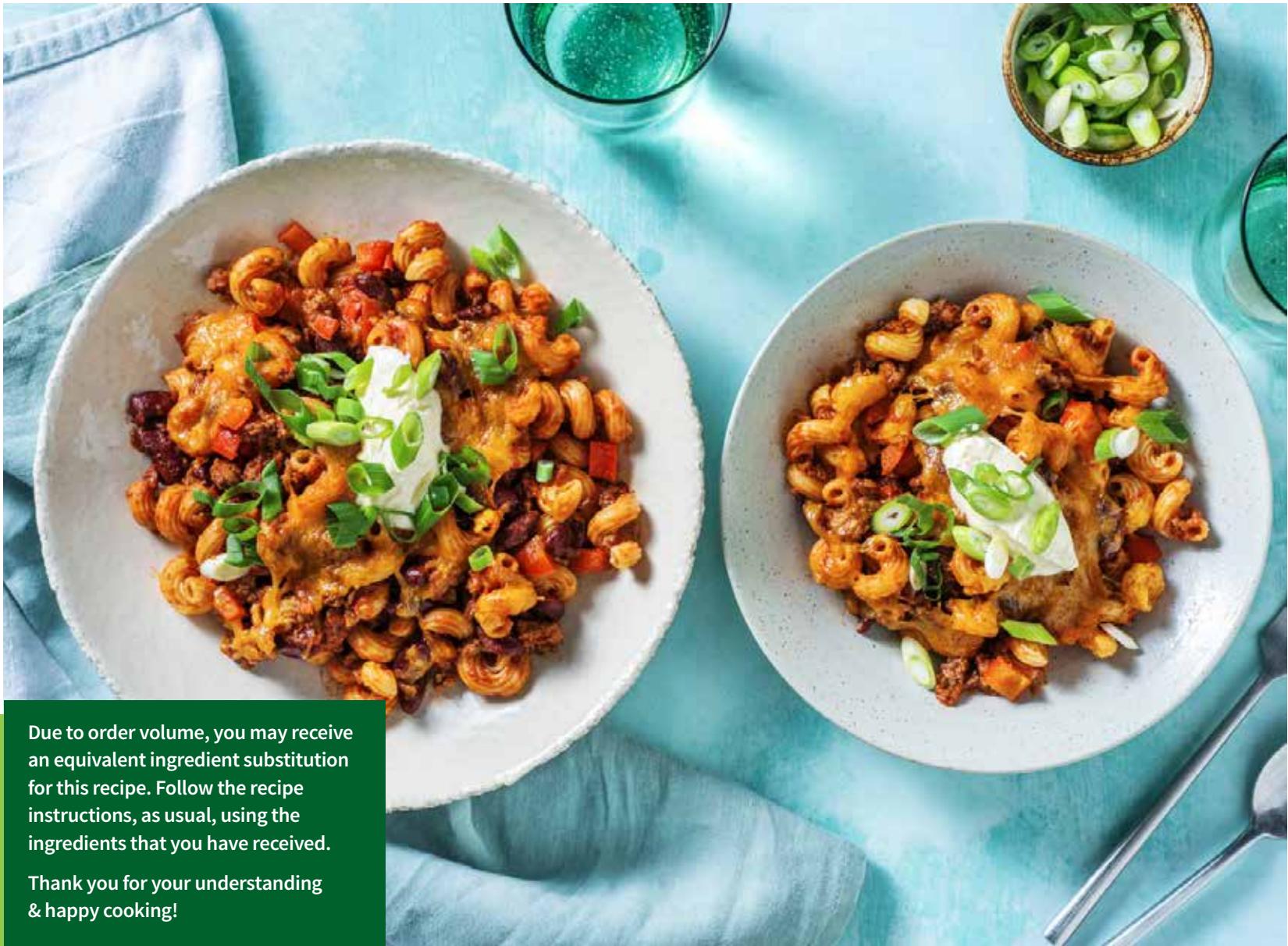




Cheesy Tex Mex Pasta Bake

with Peppers and Kidney Beans

FAMILY 35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

	Ground Beef		Sweet Bell Pepper
	Green Onions		Cavatappi
	Diced Tomatoes		Kidney Beans
	Mexican Seasoning		Cheddar-Mozzarella Blend, shredded
	Beef Broth Concentrate		Sour Cream

HELLO KIDNEY BEANS

High in protein, fibre and perfect for bulking up chilis and pasta!

START HERE ▼

- Before starting, preheat broiler to high.
- Wash and dry all produce.

Bust Out

Large Non-Stick Pan, Large Pot, Strainer, 8x8-Inch Baking Dish, Measuring Cups & Spoons

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Sweet Bell Pepper	160 g	320 g
Green Onions	2	2
Cavatappi	170 g	340 g
Diced Tomatoes	398 ml	398 ml
Kidney Beans	398 ml	398 ml
Mexican Seasoning	1 tbsp	2 tbsp
Cheddar-Mozzarella Blend, shredded	½ cup	1 cup
Beef Broth Concentrate	1	2
Sour Cream	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

*Pantry items

**Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1. PREP

Add **10 cups water** and **2 tsp salt** in a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Core, then cut **peppers** into ½-inch pieces. Thinly slice **green onions**.



2. COOK PEPPERS

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring often, until tender-crisp, 3-4 min. Remove pan from the heat then transfer **peppers** to a plate.



3. COOK CAVATAPPI

While **peppers** cook, add **cavatappi** to the pot of **boiling water**. Cook, uncovered, stirring occasionally, until tender, 9-10 min. Reserve **¼ cup pasta water** (dbl for 4 ppl), drain and return to the same pot off the heat. Set aside.



4. COOK BEEF

Heat the same pan (from step 2) over medium heat. When hot, add **1/2 tbsp oil** (dbl for 4 ppl), then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Add **Mexican seasoning**. Cook, stirring often, until fragrant, 1 min.



5. COOK SAUCE

Add **diced tomatoes**, **beans** (including liquid from carton) and **broth concentrate** to pan with **beef**. Bring to boil over high heat. Reduce heat to medium and simmer until **sauce** thickens slightly, 7-8 min. Add **beef mixture**, **peppers** and **reserved pasta water** to pot with **cavatappi**. Stir to combine and season with **salt** and **pepper**.



6. FINISH & SERVE

Transfer **cavatappi** and **beef mixture** to a lightly-oiled 8x8-inch baking dish. (**NOTE:** Use a 9x13-inch dish for 4 ppl.) Sprinkle top with **cheese** and broil in **middle** of oven until **cheese** melts, 3-4 min. Divide **beef** and **pasta bake** between plates. Dollop over **sour cream** and sprinkle with **green onions**.

Contact

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Dinner Solved!