



Speedy Beef Taco Mac 'n' Cheese with Peppers

Spicy

25 Minutes

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://hellofresh.ca)

Swap



Ground Turkey
250 g | 500 g

Swap



Beyond Meat®
2 | 4



Cavatappi
170 g | 340 g



Ground Beef
250 g | 500 g



Tex-Mex Paste
1 tbsp | 2 tbsp



Enchilada Spice Blend
1 tbsp | 2 tbsp



Sweet Bell Pepper
1 | 2



Tomato Sauce Base
4 tbsp | 8 tbsp



Tomato
1 | 2



Cheddar Cheese, shredded
½ cup | 1 cup



Green Onion
2 | 4



Sour Cream
2 | 4



Garlic, cloves
2 | 4



Hot Sauce
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.
Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Oil, salt, pepper

Cooking utensils | Colander, large non-stick pan, large pot, measuring cups, measuring spoons

1



Cook pasta

- Before starting, bring a large pot of salted water to a boil (use same for 4 servings).
- Wash and dry all produce.
- To the **boiling water**, add **cavatappi**. Cook uncovered for 8-9 min, stirring occasionally, until tender.
- Reserve **½ cup** (1 cup) **pasta water**. Strain **cavatappi**, then return to the pot, off heat.

2



Prep and cook peppers

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Peel, then mince or grate **garlic**.
- Heat a large non-stick pan over medium-high. When hot, add ½ **tbsp** (1 **tbsp**) **oil** and **peppers**. Cook for 3-4 min, stirring often, until tender.
- Season with **salt** and **pepper**, then transfer to a plate.

3



Cook meat

- [Swap](#) | [Ground Turkey](#)
- [Swap](#) | [Beyond Meat®](#)
- Reduce heat of the same pan to medium.
- Add **beef** and **Enchilada Spice Blend**. Cook for 3-5 min, breaking up **beef** into smaller pieces, until no pink remains.** Carefully drain and discard **excess fat**, then season with **salt** and **pepper**.
- Meanwhile, cut **tomato** into ¼-inch pieces.
- Thinly slice **green onion**.

4



Make sauce

- To the same pan, add **garlic**, **Tex-Mex paste** and **tomato sauce base**. Cook for 2-3 min, stirring often, until fragrant.
- Add **reserved pasta water**. Cook for 2-3 min, stirring occasionally, until slightly thickened. Season with **salt** and **pepper**.

5



Assemble pasta

- To the pot with **cavatappi**, add **beef mixture**, **peppers** and **cheese**. Stir to combine.

6



Finish and serve

- Divide **pasta** between bowls.
- Dollop over **sour cream**.
- Sprinkle **tomatoes** and **green onions** over top.
- Drizzle with **hot sauce**, if you like.

Measurements within steps **1 tbsp** (2 **tbps**) **oil**
2-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Cook turkey

[Swap](#) | [Ground Turkey](#)

If you've opted to get **turkey**, cook in the same way the recipe instructs you to cook the **beef****.

3 | Cook Beyond Meat®

[Swap](#) | [Beyond Meat®](#)

If you've opted to get **Beyond Meat®**, cook for 5-6 min, in the same way as the **beef**, breaking up **patties** into smaller pieces, until crispy.** Disregard instructions to drain **excess fat**.

** Cook to a minimum internal temperature of 165°F.