

HELLO Speedy Beef Taco Mac 'n' Cheese with Peppers

Spicy

25 Minutes





Customized Protein Add







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 🦫

Ground Turkey 250 g | 500 g

Beyond Meat[®]







170 g | 340 g

250 g | 500 g



Tex-Mex Paste



Enchilada Spice Blend 1 tbsp | 2 tbsp

1 tbsp | 2 tbsp



Pepper



4 tbsp | 8 tbsp

1 2









Tomato 1 | 2

shredded ½ cup | 1 cup



Green Onion 2 | 4



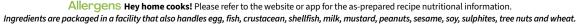


Garlic, cloves 2 | 4

Ingredient quantities



1 tbsp | 2 tbsp



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



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 1/2 cup (1 cup) pasta water. Strain **cavatappi**, then return to the pot, off heat.



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 1/2 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.



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 1/4-inch pieces.
- Thinly slice green onion.



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.



Assemble pasta

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



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 tbsp)

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.