



# TEX-MEX PLANT-BASED PROTEIN PASTA BAKE

with Mexican Cheese Blend, Green Pepper & Scallions

## INGREDIENTS

2 PERSON | 4 PERSON



**6 oz | 12 oz**  
Cavatappi Pasta  
Contains: Wheat



**1 | 2**  
Long Green Pepper



**2 | 4**  
Scallions



**8 oz | 16 oz**  
Tex-Mex Ground Plant-Based Protein



**2 TBSP | 4 TBSP**  
Cream Cheese  
Contains: Milk



**½ Cup | 1 Cup**  
Mexican Cheese Blend  
Contains: Milk



**¼ Cup | ½ Cup**  
Monterey Jack Cheese  
Contains: Milk



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## HELLO

### CAVATAPPI

Elbow pasta's twirly corkscrew-shaped cousin has ridges that are perfect for catching and clinging onto sauce.



**PREP: 5 MIN | COOK: 25 MIN | CALORIES: 820**



## DIVIDE & CONQUER

Why separate the scallion whites from the greens? The whites are better for cooking while the greens are better for topping.

## BUST OUT

- Large pot
- Strainer
- Large pan
- Kosher salt
- Cooking oil (1 tsp | 1 tsp)
- Slotted spoon
- Large bowl
- Baking dish

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### 1 COOK PASTA

- Adjust rack to top position and preheat oven to 425 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Once water is boiling, add **cavatappi** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Reserve **1 cup pasta cooking water (2 cups for 4 servings)**, then drain.



### 4 ASSEMBLE PASTA BAKE

- Using a slotted spoon, transfer **plant-based protein mixture** to a large bowl. Add **cream cheese, Mexican cheese blend**, and **¼ cup reserved pasta cooking water (½ cup for 4 servings)**; toss to combine.
- Add **drained cavatappi** to bowl; toss to evenly coat. **TIP: If needed, stir in more pasta cooking water a splash at a time until everything is coated in a creamy sauce.**



### 2 PREP

- While pasta cooks, core and dice **green pepper** into ½-inch pieces. Trim and thinly slice **scallions**, separating whites from greens.



### 5 BAKE PASTA BAKE

- Transfer **pasta mixture** to an 8-by-8-inch baking dish (**9-by-13-inch baking dish for 4 servings**); evenly sprinkle with **Monterey Jack**.
- Bake on top rack until cheese melts and sauce is bubbling, 3-5 minutes.



### 3 COOK PLANT-BASED PROTEIN

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **green pepper** and **scallion whites**; cook, stirring occasionally, until slightly softened, 3-4 minutes.
- Add **plant-based protein\*** and cook, stirring, until veggies are browned, 2-3 minutes more. **TIP: If plant-based protein starts popping, cover pan with a lid.**



### 6 SERVE

- Top **pasta bake** with **scallion greens**. Divide between plates or serve family style directly from dish.

\*Plant-Based Protein is fully cooked when internal temperature reaches 165°.