

DINNERLY



No Chop! Plant-Based Ground Taco Pasta Bake

with Sour Cream



25min



2 Servings

Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make this taco pasta bake? Personally, we'd choose B. This dish requires absolutely no prepwork—just cook the pasta and plant-based ground, build the sauce, assemble, and bake. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

WHAT WE SEND

- 6 oz cavatappi ¹
- ½ lb pkg plant-based ground ^{1,6,15}
- ¼ oz taco seasoning
- 8 oz tomato sauce
- 2 oz shredded cheddar-jack blend ⁷
- 1 oz sour cream ⁷

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil
- sugar

TOOLS

- large saucepan
- medium ovenproof skillet

ALLERGENS

Wheat (1), Soy (6), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 790kcal, Fat 31g, Carbs 95g, Protein 43g



1. Boil pasta

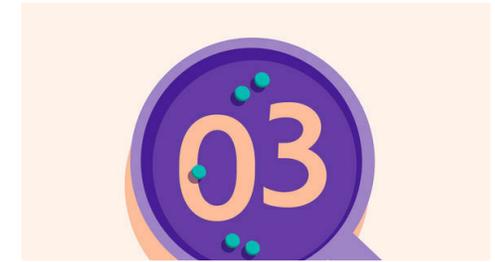
Preheat oven to 450°F with a rack in the upper third.

Bring a large saucepan of **salted water** to a boil over high heat. Add **pasta** and cook, stirring occasionally to prevent sticking, until almost al dente, about 5 minutes (pasta will continue to cook in oven). Reserve **1 cup cooking water**, then drain.



2. Build sauce

Heat **1 teaspoon oil** in a medium ovenproof skillet over medium-high. Add **plant-based ground** and **taco seasoning**; season with **salt** and **pepper**. Cook, breaking up into smaller pieces, until browned and cooked through, 5–7 minutes. Off heat, stir in **tomato sauce**, **reserved cooking water**, **pasta**, and **a pinch of sugar**. Season to taste with **salt** and **pepper**.



3. Bake & serve

Sprinkle **cheese** over **pasta**. Bake on upper oven rack until **sauce** is bubbling and slightly thickened, and pasta is al dente, 15–17 minutes (watch closely as oven vary).

Serve **taco pasta bake** topped with **sour cream**. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!