



Beef & Spaghetti Squash Enchilada Casserole

with Sour Cream & Cilantro



30-40min



2 Servings

You won't believe this casserole comes together in just one skillet! Hearty grass-fed ground beef gets spiced up with taco seasoning before combining with chipotle chiles for warmth and depth. But the real star of the show is our pre-cooked, easy to prep, tender spaghetti squash. Bind it all with savory enchilada sauce, cover with a layer of cheese, and bake to bubbling perfection.

What we send

- 8 oz spaghetti squash
- 1 shallot
- 1 oz chipotle chiles in adobo sauce
- 10 oz pkg grass-fed ground beef
- ¼ oz taco seasoning
- 2 (4 oz) red enchilada sauce
- 2½ oz corn
- 2 oz shredded cheddar-jack blend ¹
- ¼ oz fresh cilantro
- 2 (1 oz) sour cream ¹

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- medium ovenproof skillet

Cooking tip

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Allergens

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 680kcal, Fat 37g, Carbs 32g, Protein 40g



1. Prep ingredients

Preheat oven to 375°F with a rack in the center.

Remove skin from **spaghetti squash** and squeeze out any excess water. Gently scrape with a fork to pull apart into thin strands. Finely chop **shallots**. Finely chop **half of the chipotle chiles** (or use all according to heat preference).



4. Bake casserole

Off heat, add **all of the enchilada sauce, spaghetti squash, chipotle chiles**, and **corn**. Season to taste with **salt** and **pepper**; mix until well combined. Spread into an even layer.

Bake until sauce is bubbling and **casserole** is warmed through, 20-25 minutes.



2. Cook beef

In a medium ovenproof skillet, heat **1 tablespoon oil** over medium-high. Add **beef**; season with **salt** and **pepper**. Cook, breaking up into smaller pieces, until nearly cooked through and browned in spots, 3-5 minutes.



5. Prep garnishes

Sprinkle **casserole** with **cheese** and bake until cheese is melted, 4-5 minutes. Let rest for 5 minutes.

Meanwhile, finely chop **cilantro leaves and stems**. In a small bowl, thin **sour cream** by adding **1 teaspoon water at a time** until it drizzles from a spoon. Season to taste with **salt** and **pepper**.



3. Cook aromatics

Add **shallots** to skillet; cook, stirring frequently, until softened, 2-3 minutes. Stir in **taco seasoning** and cook until aromatic, about 30 seconds.



6. Serve

Serve **enchilada casserole** drizzled with **sour cream** and sprinkled with **cilantro**. Enjoy!