

Cheesy Chipotle Beef & Vegetable Bake

with Spaghetti Squash &
Jalapeño Sour Cream

3 SERVINGS

30-40 MINS

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Ingredients

 10 oz
Ground Beef 

 1 Poblano Pepper

 2 tsps Chipotle
Chile Paste

 ¼ cup Sour Cream

 2 Beyond Burger™
Plant-Based
Patties 

 2 Scallions

 2 oz Monterey
Jack Cheese

 1 Red Onion

 1 Spaghetti Squash

 1 oz Sliced Pickled
Jalapeño Pepper

*Ingredients may be replaced and quantities may vary.

1 Prepare & cook the squash

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Using a sharp, sturdy knife, carefully halve the **squash** lengthwise. Using a spoon, scoop out and discard the pulp and seeds. Drizzle the cut sides with **olive oil**; season with salt and pepper.



Microwave or oven:

- MICROWAVE:** Working in two batches if necessary, transfer the **prepared squash** to a microwave-safe baking dish, cut side down. Fill with **½ inch of water**. Microwave on high 3 to 5 minutes, or until the flesh easily pulls away from the skin.

OVEN: Line a sheet pan with parchment paper (or foil). Transfer the **prepared squash** to the sheet pan, cut side down. Roast 25 to 30 minutes, or until the skin is lightly browned and the flesh easily pulls away from the skin.

- Transfer the **cooked squash** to a large bowl to cool slightly.

2 Prepare the remaining ingredients

- Meanwhile, halve, peel, and thinly slice the **onion**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Grate the **cheese** on the large side of a box grater.
- Cut off and discard the stem of the **poblano pepper**. Halve lengthwise; remove the ribs and seeds. Thinly slice crosswise.
- Finely chop the **jalapeño pepper**.
- Thoroughly wash your hands immediately after handling the peppers.
- In a bowl, combine the **sour cream**, **1 tablespoon of water**, and **as much of the chopped jalapeño pepper as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper.



3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced onion** and **sliced poblano pepper**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.



4 Add the beef

- To the pan of **cooked vegetables**, add the **sliced white bottoms of the scallions** and **beef**; season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 4 to 6 minutes, or until lightly browned.



- Add **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring constantly, 1 to 2 minutes, or until thoroughly combined and the beef is cooked through.

- Turn off the heat. Taste, then season with salt and pepper if desired.

↻ CUSTOMIZED STEP 4 If you chose Beyond Burger™ Patties

- Cook as directed in Step 4, adding the **patties** (instead of beef) and breaking them apart with a spoon.

5 Separate the squash into strands & make the filling

- When cool enough to handle, using a fork, scrape the flesh of the **cooked squash** into the bowl; separate any clumps. Discard the skins.
- Add the **squash strands** to the pan. Season with salt and pepper. Cook on medium-high, stirring occasionally, 2 to 3 minutes, or until combined.



6 Bake & serve your dish

- Transfer the **filling** to a baking dish. Evenly top with the **grated cheese**.
- Bake 3 to 4 minutes, or until the cheese is melted.
- Remove from the oven. Let stand at least 2 minutes before serving.
- Garnish with the **jalapeño sour cream** and **sliced green tops of the scallions**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 490, Total Carbohydrates: 25g, Dietary Fiber: 6g, Added Sugars: 0g, Total Fat: 34g, Saturated Fat: 14g, Protein: 23g, Sodium: 910mg.

**For information about our wellness labels visit us at blueapron.com/wellness. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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