



Roar-some Rocoto Relleno: Peruvian Style Peppers with Cheese and Bulgur Wheat

21

Paddington in Peru 40-45 Minutes • Mild Spice • 2 of your 5 a day • Veggie



Vegetable Stock Paste



Bulgur Wheat



Bell Pepper



Mushrooms



Onion



Garlic Clove



Chipotle Paste



Greek Style Salad Cheese



Creme Fraiche



Medium Tomato



Mint

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

TASTY ADVENTURES IN PERU

Discover Peruvian cuisine alongside British Classics on your HelloFresh menu! Paddington in Peru hits cinemas on the 8th November – celebrate with easy and delicious meals inspired by Paddington.



Rocoto peppers grow in the soils of Peru and are larger and spicier than bell peppers. Bring the adventure home by using bell peppers, stuffing them with a savoury filling and topping with creamy sauce before baking for a veg-packed dish that's easy to polish off!

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PADDINGTON™ IN PERU ONLY IN CINEMAS

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, lid, baking tray, garlic press, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Vegetable Stock Paste	20g	30g	40g
Bulgur Wheat 13)	120g	180g	240g
Bell Pepper***	2	3	4
Mushrooms**	125g	250g	250g
Onion**	1	1½	2
Garlic Clove**	3	4	6
Chipotle Paste	20g	30g	40g
Greek Style Salad Cheese** 7)	50g	75g	100g
Creme Fraiche** 7)	75g	120g	150g
Medium Tomato	1	1½	2
Mint**	1 bunch	1½ bunches	2 bunches
Pantry	2P	3P	4P
Water for the Bulgur*	220ml	330ml	440ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	629g 2302/550	100g 366/88
Fat (g)	24.4	3.9
Sat. Fat (g)	11.9	1.9
Carbohydrate (g)	70.0	11.1
Sugars (g)	18.1	2.9
Protein (g)	16.2	2.6
Salt (g)	2.88	0.46

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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1 Cook the Bulgur

Preheat your oven to 220°C/200°C fan/gas mark 7.

Pour the **water for the bulgur** (see pantry for amount) into a large saucepan, stir in **half the vegetable stock paste** and bring to the boil.

Stir in the **bulgur**, bring back up to the boil and simmer for 1 min.

Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



4 Stuff your Peppers

Meanwhile, in a small bowl, mash the **Greek style cheese** with a fork. Stir in the **creme fraiche** until well combined.

Once the **peppers** have roasted, carefully drain away any **liquid**. Fill them **three quarters** full with the **mushroom mixture** and press down with a spoon. Top with the **cheese sauce** and **pepper lids**.

Bake the **stuffed peppers** on the top shelf until golden, 15 mins.



2 Roast the Peppers

Meanwhile, slice the top 1-2cm off the **bell peppers** to create lids. Discard the seeds.

Pop the **peppers** and **lids** onto a large baking tray. Drizzle with **oil** and season with **salt** and **pepper**.

When the oven is hot, roast on the top shelf until soft and slightly charred, 18-20 mins.

Meanwhile, roughly chop the **mushrooms**. Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).



5 Finishing Touches

Meanwhile, cut the **tomato** into 1cm chunks.

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).

Once the **bulgur wheat** has cooked, fluff it up with a fork. Stir through the **tomato**, **half the mint** and the **olive oil** (see pantry for amount).

Stir in the remaining **onion** and **mushroom mixture**, if you have any left.



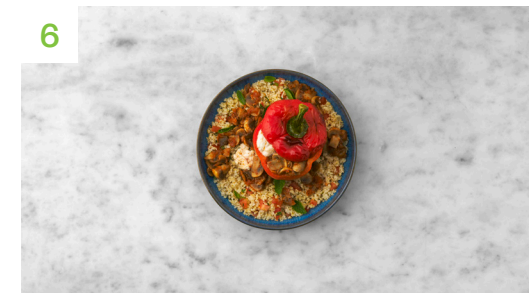
3 Get Frying

Heat a drizzle of **oil** in a large frying pan on high heat.

When hot, add the **onion** and **mushrooms** to the pan. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 7-8 mins.

Add the **garlic** and **chipotle paste** to the pan. Fry for 1 min.

Add the remaining **veg stock paste** and the **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil, then simmer until the **sauce** is thick and sticky, 7-8 mins.



6 Serve Up

Share the **bulgur wheat** and **stuffed peppers** between your bowls.

Sprinkle over the remaining **mint** to finish.

Enjoy!

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