



Herby Pork Stuffed Pepper

with Cheese, Charred Courgette and Harissa Couscous

25

Calorie Smart 30-35 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories



Echalion Shallot



Mature Cheddar Cheese



Garlic Clove



Couscous



Chicken Stock Paste



Bell Pepper



Pork Mince



Tomato Puree



Roasted Spice and Herb Blend



Courgette



Harissa Paste



Beef Mince

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, grater, garlic press, bowl, cling film, baking tray and frying pan.

Ingredients

Ingredients	2P	3P	4P
Echalion Shallot**	1	1½	2
Mature Cheddar Cheese** 7)	40g	60g	80g
Garlic Clove**	2	3	3
Couscous 13)	120g	180g	240g
Chicken Stock Paste	10g	15g	20g
Bell Pepper***	1	1½	2
Pork Mince**	120g	240g	240g
Tomato Puree	30g	45g	60g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Courgette**	1	1	2
Harissa Paste 14)	50g	75g	100g
Beef Mince**	120g	240g	240g

Pantry	2P	3P	4P
Boiled Water for the Couscous*	240ml	360ml	480ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml

*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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	395g	100g	455g	100g
Energy (kJ/kcal)	2629/628	666/159	3081/736	677/162
Fat (g)	30.0	7.6	36.5	8.0
Sat. Fat (g)	10.3	2.6	13.8	3.0
Carbohydrate (g)	59.8	15.1	59.7	13.1
Sugars (g)	14.1	3.6	14.1	3.1
Protein (g)	28.8	7.3	43.6	9.6
Salt (g)	2.10	0.53	2.24	0.49

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
Point™ values based on low-cal cooking spray oil.

Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

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, milk, egg, mustard, celery, soya, 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.

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Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7.
Boil a full kettle.

Halve, peel and chop the **shallot** into small pieces.
Grate the **cheese**. Peel and grate the **garlic** (or use a garlic press).

Put the **couscous** in a large bowl. Pour in the **boiled water for the couscous** (see pantry for amount), stir in **half** of the **chicken stock paste**, then cover tightly with cling film. Leave to the side for 10 mins or until ready to serve.



Sauce Things Up

Once the **mince** is cooked, stir in the **garlic**, **tomato puree** and **roasted herb and spice blend**.
Stir-fry for 1 min.

Stir in the remaining **chicken stock paste** and the **sugar** and **water for the sauce** (see pantry for both amounts). Simmer for 2-3 mins.

Remove the **roasted pepper halves** from your oven. Spoon in the **pork mixture** and top with the **grated cheese**, then return to the oven to bake, 10-12 mins.



Roast the Pepper

Meanwhile, halve the **bell pepper** lengthways and discard the core and seeds.

Lay the **pepper halves**, cut-side down, onto a baking tray. Drizzle with **oil**, then season with **salt** and **pepper**.

When the oven is hot, roast on the top shelf until starting to soften, 10-12 mins.



Char the Courgette

Meanwhile, trim the **courgette**, then quarter lengthways. Chop into 2cm chunks.

Wipe out the (now empty) frying pan and return to medium-high heat (no oil).

Once hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour.



Fry the Mince

While the **pepper** cooks, heat a drizzle of **oil** in a large frying pan.

Once hot, add the **pork mince** and **shallot** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



Finish and Serve

When everything's ready, fluff up the **couscous** with a fork. Stir through the **courgette** and **harissa** (add less if you'd prefer things milder), then share between your bowls.

Place the **stuffed peppers** on top of your **couscous** and serve.

Enjoy!