



Herby Pork Stuffed Pepper

with Cheese, Charred Courgette and Parsley Couscous

Calorie Smart 30-35 Minutes • 3 of your 5 a day • Under 650 Calories

26



Red Onion



Mature Cheddar
Cheese



Garlic Clove



Couscous



Chicken Stock Paste



Bell Pepper



Pork Mince



Tomato Puree



Roasted Spice and
Herb Blend



Flat Leaf
Parsley



Courgette

Pantry Items

Oil, Salt, Pepper, Sugar

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
Red Onion**	1	1	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
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Courgette**	1	1	2
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 green, 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)	2381 /569	569 /136
Fat (g)	22.7	5.4
Sat. Fat (g)	9.8	2.3
Carbohydrate (g)	62.7	15.0
Sugars (g)	15.9	3.8
Protein (g)	28.9	6.9
Salt (g)	1.68	0.40

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

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.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Get Started

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

Halve, peel and chop the **red onion** 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** 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 spice and herb blend**. Stir-fry for 1 min.

Stir in the remaining **chicken stock paste**, 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.



Weight Watchers



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, roughly chop the **parsley** (stalks and all).

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

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **pork mince** and **onion** 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.



Finish and Serve

When everything's ready, fluff up the **couscous** with a fork. Stir through the **courgette** and **half** the **parsley**, then share between your bowls.

Place a **stuffed pepper** on top of your **couscous** and sprinkle with the remaining **parsley** to finish.

Enjoy!