



Peri Peri Spiced Stuffed Pepper and Chips with Lentils, Cheese and Coriander Salsa

20

Classic 35-40 Minutes • Medium Spice • 4 of your 5 a day • Veggie



Potatoes



Peri Peri Seasoning



Bell Pepper



Garlic Clove



Lentils



Tomato Puree



Vegetable Stock Paste



Grated Hard Italian Style Cheese



Coriander



Lime



Premium Baby Leaf Mix

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

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

Cooking tools

Baking tray, aluminium foil, sieve, frying pan, zester, kitchen scissors and bowl.

Ingredients

| Ingredients | 2P | 3P | 4P |
|---|-----------|------------|-----------|
| Potatoes | 450g | 700g | 900g |
| Peri Peri Seasoning | 2 sachets | 3 sachets | 4 sachets |
| Bell Pepper*** | 2 | 3 | 4 |
| Garlic Clove** | 3 | 4 | 6 |
| Lentils | 1 carton | 1½ cartons | 2 cartons |
| Tomato Puree | 30g | 45g | 60g |
| Vegetable Stock Paste 10 | 10g | 15g | 20g |
| Grated Hard Italian Style Cheese** 7 8 | 40g | 60g | 80g |
| Coriander** | 1 bunch | 1½ bunches | 2 bunches |
| Lime** | 1 | 1½ | 2 |
| Premium Baby Leaf Mix** | 50g | 75g | 100g |
| Pantry | 2P | 3P | 4P |
| Sugar for the Sauce* | 1 tsp | 1½ tsp | 2 tsp |
| Water for the Sauce* | 100ml | 150ml | 200ml |
| Olive Oil for the Salsa* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Olive Oil for the Dressing* | 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 | Per serving | Per 100g |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 608g | 100g |
| Energy (kJ/kcal) | 2244 /536 | 369 /88 |
| Fat (g) | 16.0 | 2.6 |
| Sat. Fat (g) | 5.1 | 0.8 |
| Carbohydrate (g) | 77.9 | 12.8 |
| Sugars (g) | 13.6 | 2.2 |
| Protein (g) | 22.7 | 3.7 |
| Salt (g) | 3.79 | 0.62 |

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

Allergens

7) Milk **8)** Egg **10)** Celery

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

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Bake the Chips

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Sprinkle over **half** the **peri peri seasoning**. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Time to Assemble

Once thickened, stir **half** the **cheese** and a knob of **butter** (if you have any) through the **lentils** until combined. Taste and season with **salt** and **pepper** if needed.

When the **peppers** and **garlic** are cooked, remove from the oven and set the **garlic parcel** aside to cool.

Divide the **lentil filling** between the **roasted pepper halves** and sprinkle the remaining **cheese** on top. Bake on the middle shelf of your oven until the **cheese** is golden and the **peppers** are soft, 6-8 mins.



Roast the Peppers

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

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

Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Add the **parcel** to the same tray as the **pepper**.

Roast the **pepper** and **garlic parcel** on the middle shelf until starting to soften, 10-12 mins.



Mix your Salsa

Meanwhile, roughly chop the **coriander** (stalks and all). Zest and halve the **lime**.

Once the **roasted garlic** has cooled, cut the end with scissors, squeeze it out of the skin into a small bowl and mash with a fork.

Add the **coriander** and **lime zest** to the **mashed garlic**. Season with **salt**, **pepper** and a pinch of **sugar**. Squeeze in **half** the **lime juice** and stir through the **olive oil for the salsa** (see pantry for amount). Set aside.



Make your Lentil Filling

Meanwhile, drain and rinse the **lentils** in a sieve.

Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **tomato puree** and remaining **peri peri seasoning**. Cook for 1 min.

Add the **lentils**, **vegetable stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts) to the pan. Stir to combine, bring to the boil, then lower the heat and simmer for 3-4 mins, until slightly thickened.



Finish and Serve

Squeeze the remaining **lime juice** into a medium bowl. Add the **olive oil for the dressing** (see pantry for amount) and season with **salt** and **pepper**.

When everything's ready, add the **baby leaves** to the **dressing** and toss to coat.

Share the **stuffed peppers**, **chips** and **salad** between your plates. Spoon the **coriander salsa** over the **peppers** to finish.

Enjoy!