



Spiced Beef Stuffed Peppers with Tomato and Mint Tabbouleh

Calorie Smart 35-40 Minutes • Medium Spice • 2 of your 5 a day • Under 650 Calories

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Chicken Stock Paste



Bulgur Wheat



Baby Plum Tomatoes



Mint



Garlic Clove



Lemon



Bell Pepper



Beef Mince



Chermoula Spice Mix



Tomato Puree Mix



Greek Style Salad Cheese

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

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

Ingredients

Ingredients	2P	3P	4P
Chicken Stock Paste	20g	30g	40g
Bulgur Wheat 13	120g	180g	240g
Baby Plum Tomatoes	125g	190g	250g
Mint**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1	2	2
Lemon**	0.5	1	1
Bell Pepper***	1	1½	2
Beef Mince**	120g	180g	240g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	60g	60g
Greek Style Salad Cheese** 7)	50g	75g	100g

Pantry	2P	3P	4P
Water for the Bulgur*	240ml	360ml	480ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	50ml	75ml	100ml

*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)	2085 /498	618 /148
Fat (g)	17.7	5.2
Sat. Fat (g)	8.3	2.4
Carbohydrate (g)	62.5	18.5
Sugars (g)	10.6	3.2
Protein (g)	27.2	8.1
Salt (g)	3.07	0.91

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

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Cook the Bulgur

Preheat your oven to 240°C/220°C fan/gas mark 9.

Pour the **water for the bulgur** (see pantry for amount) into a large saucepan, stir in **half the chicken 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.



Fry the Beef

While the **peppers** roast, heat a large frying pan on medium-high heat (no oil).

Once hot, add the **beef mince** 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.*



Get Prepped

Meanwhile, quarter the **tomatoes**.

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

Peel and grate the **garlic** (or use a garlic press). Halve the **lemon**.



Pepper Time

Halve the **bell pepper** 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**.

When the oven is hot, roast on the top shelf of your oven until slightly softened, 5-7 mins, then remove and set aside.



Stuff your Peppers

Stir the **garlic, chermoula, tomato puree**, remaining **chicken stock paste, sugar and water for the sauce** (see pantry for both amounts) into the **beef**. Bring to the boil and simmer until the **sauce** has thickened, 3-5 mins.

Once thickened, taste and season again if needed, then divide the **beef mixture** between the **roasted pepper halves**.

Crumble the **Greek style salad cheese** on top and bake on the top shelf of your oven until the **cheese** is golden and the **peppers** are soft, 6-8 mins.



Finish and Serve

Once cooked, fluff up the **bulgur** with a fork and stir through the **tomatoes** and **half the mint**. Add a squeeze of **lemon juice** and season with **salt and pepper** if needed. Stir to combine.

Serve your **tabbouleh** in bowls topped with a **stuffed pepper half**.

Sprinkle over the remaining **mint** and cut any remaining **lemon** into **wedges** for squeezing over.

Enjoy!

