# Hello FRESH

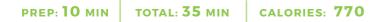
# **TUSCAN BEEF-STUFFED PEPPERS**

with Pearled Couscous & Melted Mozz



# PEARLED COUSCOUS

This tiny toasted pasta (also known as Israeli couscous) lends a nutty taste and a fun, springy texture.



Israeli Couscous (Contains: Wheat)

Green Bell Peppers



Yellow Onion



Beef Tor



Mozzarella Cheese (Contains: Milk)





Spice

Chicken Stock Concentrate



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#### **START STRONG**

Be careful when handling the bell peppers in step 5. We recommend using tongs to hold these hotfrom-the-oven veggies in place while stuffing them.

#### **BUST OUT**

- Baking sheet
- Small pot
- Large pan
- Kosher salt
- Black pepper
- Vegetable oil (5 tsp | 9 tsp)
- Butter (1 TBSP | 2 TBSP) (Contains: Milk)

INGREDIENTS	
Ingredient 2-person   4-person	
Green Bell Peppers	2   4
Israeli Couscous	1/2 Cup   1 Cup
Yellow Onion	1 2
• Roma Tomato	1 2
Ground Beef*	10 oz   20 oz
• Tuscan Heat Spice 🥑	1 TBSP   2 TBSP
Tomato Paste	1.5 oz   1.5 oz
Chicken Stock Concentrate	
Mozzarella Cheese	½ Cup   1 Cup

\* Ground Beef is fully cooked when internal temperature reaches 160 degrees.







**ROAST BELL PEPPERS** Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry all produce.** Halve **bell peppers** lengthwise; remove stems and seeds. Place on a baking sheet and drizzle each half with **oil**; rub to coat. Season with **salt** and **pepper**. Roast until browned and softened, 18-20 minutes.

FINISH FILLING

Stir tomato paste and diced

until thoroughly combined. Add **stock** 

concentrate and 1/3 cup water; season

slightly thickened, 1-2 minutes. Stir in

couscous until thoroughly combined.

Turn off heat.

tomato into pan with beef mixture

with salt and pepper. Simmer until



### 2 COOK COUSCOUS & PREP Meanwhile, melt 1 TBSP butter (2 TBSP for 4 servings) in a small pot over medium-high heat. Add couscous and a pinch of salt and pepper. Cook, stirring, until toasted, 2-3 minutes. Add ¾ cup water (1½ cups for 4). Bring to a boil, then cover and reduce to a low simmer. Cook until couscous is tender, 6-8 minutes. Keep covered off heat. While couscous cooks, halve, peel, and dice onion. Finely dice tomato.



**5** STUFF BELL PEPPERS Once bell peppers are done, remove from oven and stuff each half with as much filling as will fit. Place in pan with remaining filling, nestling each stuffed pepper half into the mixture. (TIP: If your pan isn't ovenproof, transfer mixture to a small baking dish and arrange stuffed pepper halves in there.) Sprinkle evenly with mozzarella.



**3** START FILLING Heat a drizzle of oil in a large, preferably ovenproof, pan over medium heat. Add onion and cook, stirring, until softened, 4-5 minutes. Add beef and Tuscan Heat Spice; season with salt and pepper. Cook, breaking up meat into pieces, until browned and cooked through, 4-5 minutes. TIP: If there's excess grease in your pan, carefully pour it out.



**6 FINISH & SERVE** Bake **stuffed peppers** on middle rack until cheese has melted, 3-4 minutes. Divide remaining **filling** between plates. Top with stuffed peppers and serve.

## – GO NUTS –

To add some crunch to your filling, stir in chopped toasted nuts (we love walnuts and pine nuts). NK 52 NJ-2

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