



# SOUTHWEST STUFFED POBLANOS

with Quinoa and Corn



## HELLO QUINOA

This nutty, protein-packed grain is also naturally gluten free.

**PREP: 10 MIN** | **TOTAL: 35 MIN** | **CALORIES: 600**



Poblano Peppers



Scallions



Veggie Stock Concentrate



Sour Cream  
(Contains: Milk)



Southwest  
Spice Blend



Roma Tomato



Lime



Quinoa



Corn



Pepper Jack  
Cheese  
(Contains: Milk)



## START STRONG

Be careful when handling the poblanos in step 5. We recommend using tongs to hold the hot-from-the-oven peppers in place while stuffing them.

## BUST OUT

- Zester
- Large pan
- Small pot
- Baking sheet
- Small bowl
- Paper towels
- Strainer
- Vegetable oil (2 tsp | 4 tsp)

## INGREDIENTS

Ingredient 2-person | 4-person

- Poblano Peppers 2 | 4
- Roma Tomato 1 | 2
- Scallions 2 | 4
- Lime 1 | 2
- Veggie Stock Concentrate 1 | 2
- Quinoa ½ Cup | 1 Cup
- Sour Cream 2 TBSP | 4 TBSP
- Corn 13.4 oz | 26.8 oz
- Southwest Spice Blend 1 TBSP | 2 TBSP
- Pepper Jack Cheese ½ Cup | 1 Cup

## WINE CLUB

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## 1 PREP

Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry all produce.** Halve **poblanos** through stem, then remove seeds and ribs. Dice **tomato**. Trim and thinly slice **scallions**, separating whites from greens. Zest **lime** until you have 1 tsp; quarter lime.



## 4 MAKE FILLING

Drain **corn** and pat dry with paper towels. Heat a drizzle of **oil** in a large, oven-safe pan over high heat. Add corn and cook, stirring occasionally, until slightly charred, 4-5 minutes. (**TIP:** If corn begins to pop, cover pan.) Reduce heat to medium and add **tomato, scallion whites**, and **Southwest Spice**. Cook, stirring occasionally, until tomato breaks down, about 2 minutes. Season with **salt** and **pepper**.

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## 2 COOK QUINOA

Bring **1 cup water, stock concentrate**, and a large pinch of **salt** to a boil in a small, lidded pot. Once boiling, add **quinoa**, cover, and reduce heat to low. Simmer until quinoa is tender and water has evaporated, 15-20 minutes. (**TIP:** If not all water evaporates, drain excess.)



## 5 STUFF PEPPERS

Stir cooked **quinoa** into pan with **veggies**; season with **salt** and **pepper**. Once **poblanos** are done roasting, stuff each with as much of the grain mixture as will fit. Place in pan with remaining grain mixture, nestling each poblano half in the grains. (**TIP:** If your pan isn't ovenproof, transfer mixture to a small baking dish and arrange stuffed poblanos in there.) Sprinkle evenly with **cheese**. Heat broiler to high.



## 3 ROAST PEPPERS AND MAKE CREMA

While quinoa cooks, rub **poblano halves** with **oil**; season with **salt** and **pepper**. Place on a baking sheet cut sides down. Roast on middle rack until tender, about 20 minutes. Meanwhile, in a small bowl, combine **sour cream, lime zest**, a squeeze of **lime juice**, and **2 tsp water**. Season with salt and pepper.



## 6 FINISH AND SERVE

Transfer pan with **stuffed peppers** to middle rack of oven. Broil until **cheese** is melted and lightly browned, 2-3 minutes. Remove from oven, then top with **lime crema** and **scallion greens**. Divide among plates. Serve with any remaining **lime wedges** on the side for squeezing over.

## HOT STUFF

Looking for an extra kick? Drizzle your finished peppers with hot sauce.

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