



# Italian Chicken Sausage Stuffed Peppers

with Couscous or Lentils & Mozzarella

Avoid Wheat

35-45 Minutes · Calories: 1180 · Protein: 62 g



## Ingredients 2 Person | 4 Person



1 | 2  
Onion



1 | 2  
Lentils



14 oz | 28 oz  
Marinara  
Sauce



9 oz | 18 oz  
Italian Chicken  
Sausage Mix



2 | 4  
Bell Peppers\*



2 | 4  
Chicken Stock  
Concentrates



1 Cup(s) | 2 Cup(s)  
Mozzarella  
Cheese



¾ Cup(s) | 1½ Cup(s)  
Israeli  
Couscous

\*The ingredient you received may be a different color.

## Customizable Meal

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# Hello

## Your Meal, Your Way

Sausage stuffed peppers with couscous or lentils (or both!)

## Cooking tools

fine-mesh strainer, baking sheet, small pot, large pan

## Pantry ingredients

kosher salt, black pepper, olive oil, cooking oil

## Nutrition

Nutrients	per serving
Calories:	1180
Total Fat:	43g
Saturated Fat:	12g
Sodium:	2940mg
Total Carbohydrate:	118g
Dietary Fiber:	14g
Added Sugars:	9g
Protein:	62g

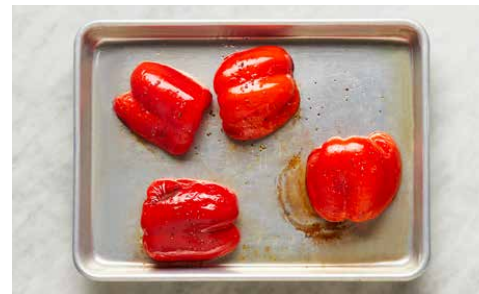
## Allergens

mozzarella cheese (contains: milk), israeli couscous (contains: wheat)



### 1 Prep

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Halve **bell peppers** lengthwise; remove stems and seeds. Halve, peel, and dice **onion** into 1/2-inch pieces. Drain and rinse **lentils**.



### 2 Roast Peppers

- Place **bell pepper halves** on a baking sheet and lightly drizzle each half with **olive oil**; rub to coat. Season with **salt** and **pepper**.
- Arrange cut sides down on sheet. Roast on top rack until tender, 10-15 minutes.



### 3 If Making Couscous

- While bell peppers roast, in a small pot, bring **couscous, one packet of stock concentrate, and 1 cup water** to a boil (**two packets of stock concentrate and 2 cups water for 4 servings**). Once boiling, cover and reduce heat to low; cook until al dente, 6-8 minutes. Drain any excess liquid if necessary. **TIP: If not making couscous, skip this step.**
- Keep covered off heat until ready to use in Step 5.



### 4 Cook Sausage

- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add **onion** and **sausage\***; cook, stirring and breaking up meat into pieces, until sausage is browned and cooked through, 4-6 minutes.
- Stir in **marinara**. Bring to a boil, then reduce to a simmer; cook until sauce has reduced slightly, 2-4 minutes.



### 5 Mix Fillings

- **For Couscous Filling:** Using a spoon, transfer **half the sausage mixture** to pot with **couscous**; stir to combine. Taste and season with **salt** and **pepper**.
- **For Lentil Filling:** To pan with remaining sausage mixture, add **lentils** and **one packet of stock concentrate (two packets for 4 servings)**; cook, stirring constantly, until warmed through, 1-2 minutes. Taste and season with **salt** and **pepper**. **TIP: If you're making only one of the fillings, combine your choice of couscous or lentils with all the sausage mixture and season as instructed.**



### 6 Stuff & Bake Peppers

- Once bell peppers are done roasting, remove sheet from oven; use tongs to flip cut side up (**careful—baking sheet will be hot!**).
- Stuff **bell pepper halves** with as much **couscous filling** and/or **lentil filling** as you like. (**Reserve any remaining filling for serving.**) Evenly sprinkle with **mozzarella**.
- Return to top rack and bake until cheese is melted and lightly browned, 4-6 minutes.



### 7 Serve

- Divide **stuffed peppers** between plates. Serve with any **remaining fillings** on the side.

\*Ground Poultry is fully cooked when internal temperature reaches 165°.



Wash and dry fresh produce. Wash hands and surfaces after handling raw pork, meat, poultry, fish, shellfish, or eggs. Consuming raw or undercooked pork, meat, poultry, fish, shellfish, or eggs may increase your risk of foodborne illness. Go to [hellofresh.com/about/faq](https://hellofresh.com/about/faq) for safe cooking guidelines.

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