



# BALSAMIC BELL PEPPER BOATS

with Bruschetta, Couscous & Mozzarella

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Green Bell  
Pepper



1 | 2  
Bell Pepper\*



1 | 2  
Shallot



1 Clove | 2 Cloves  
Garlic



2 | 4  
Roma Tomatoes



1 | 2  
Green Herb  
Blend



¾ Cup | 1½ Cups  
Israeli Couscous  
Contains: Wheat



1 TBSP | 2 TBSP  
Italian Seasoning



1 | 2  
Veggie Stock  
Concentrate



5 tsp | 10 tsp  
Balsamic Glaze



1 tsp | 1 tsp  
Chili Flakes



½ Cup | 1 Cup  
Mozzarella Cheese  
Contains: Milk

\* Your bell pepper may be orange, yellow, or red. No matter what the color, it will still be delicious!

## HELLO

### GREEN HERB BLEND

A fragrant mixture of chives and parsley adds a pop of freshness to this hearty dish.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 610



## SAVED BY THE BELL

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

## BUST OUT

- Baking sheet
- Medium pot
- Medium bowl
- Paper towels
- Kosher salt
- Black pepper
- Olive oil (7 tsp | 11 tsp)

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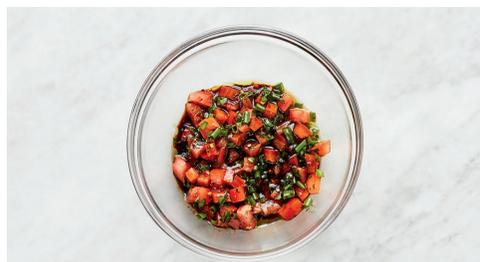
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## 1 ROAST PEPPERS

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



## 4 MAKE BRUSCHETTA

- Meanwhile, in a medium bowl, combine **remaining tomatoes**, **half the chives**, **half the parsley**, a **large drizzle of olive oil**, and **balsamic glaze** to taste. (Save the rest of the herbs for serving.) Season with **salt**, **pepper**, and a **pinch of chili flakes** to taste.



## 2 PREP

- While bell peppers roast, halve, peel, and mince **shallot**. Peel and mince **garlic**. Finely dice **tomatoes**. Thinly slice **chives**. Finely chop **parsley**.



## 5 STUFF & BROIL PEPPERS

- Fluff **couscous** with a fork and season with **salt** and **pepper**.
- Once **bell peppers** are browned and softened, remove from oven and heat broiler to high. Flip bell peppers and blot with paper towels to remove any excess liquid. Stuff with as much couscous as will fit. Sprinkle with **mozzarella**.
- Broil until cheese is melted and slightly browned, 2-3 minutes. **TIP: Watch carefully to avoid burning.**



## 3 COOK COUSCOUS

- Heat a **drizzle of olive oil** in a medium pot over medium-high heat. Add **couscous**, **shallot**, **garlic**, **Italian Seasoning**, and **half the tomatoes**. Cook, stirring, until fragrant, 1-2 minutes.
- Stir in **¾ cup water** (1½ cups for 4 servings), **stock concentrate**, and a **big pinch of salt**. Bring to a simmer, then reduce heat to low. Cover and cook until couscous is tender, 6-8 minutes.
- Turn off heat. Drain any excess liquid if necessary.



## 6 SERVE

- Divide **remaining couscous** between plates and top with **stuffed peppers**. (**TIP: For plating points, add one of each color per plate!**) Top stuffed peppers with **bruschetta** and drizzle with any **remaining balsamic glaze** to taste. Garnish with **remaining chives and parsley**. Sprinkle with a **pinch of chili flakes** if desired and serve.