



INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
Tri-Colored
Quinoa



1 | 2
Veggie Stock
Concentrate



1 | 1
Red Onion



1 | 1
Lime



1 | 2
Tex-Mex Paste



½ Cup | 1 Cup
Mexican Cheese
Blend
Contains: Milk



1 tsp | 1 tsp
Hot Sauce



1 TBSP | 2 TBSP
Southwest
Spice Blend



2 | 4
Green Bell
Peppers



1 | 2
Roma Tomato



¼ oz | ¼ oz
Cilantro



1.5 oz | 3 oz
Tomato Paste



4 TBSP | 8 TBSP
Smoky Red
Pepper Crema
Contains: Milk, Soy

HELLO

QUINOA

This ancient grain has a mild, nutty flavor and fluffy texture once cooked.

CHEESY QUINOA-STUFFED PEPPERS

with Pico de Gallo & Smoky Red Pepper Crema



PREP: 10 MIN | COOK: 45 MIN | CALORIES: 570



STEM IT UP

Did you know that cilantro stems are edible? Not only that—they add tons of flavor to your dish. Since they're slightly less tender than the leaves, mince them as finely as possible in step 2 for the best possible texture. Less food waste, more flavor!

BUST OUT

- Fine-mesh strainer
- Small pot
- Baking sheet
- Small bowl
- Medium pan
- Kosher salt
- Black pepper
- Cooking oil (5 tsp | 9 tsp)

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1 COOK QUINOA

- Adjust rack to middle position and preheat oven to 425 degrees.
- Place **quinoa** in a fine-mesh strainer and rinse for 1 minute. Add to a small pot along with **1 cup water (2 cups for 4 servings)**, **stock concentrate**, **Southwest Spice**, and **a pinch of salt and pepper**. Bring to a boil, then cover and reduce to a low simmer. Cook until quinoa is tender, 15-20 minutes.
- Keep covered off heat for at least 10 minutes or until ready to use in step 4.



4 MAKE FILLING

- Heat a **drizzle of oil** in a medium, preferably ovenproof, pan (**use a large pan for 4 servings**) over medium-high heat. Add **diced onion**; cook, stirring occasionally, until softened, 3-5 minutes.
- Stir in **Tex-Mex paste**, **tomato paste**, and **¼ cup water (½ cup for 4)** until combined. Turn off heat.
- Once **quinoa** has rested off heat for at least 10 minutes, stir into **sauce** along with **half the cilantro** until thoroughly combined.



2 PREP

- While quinoa cooks, **wash and dry all produce**.
- Halve **bell peppers** lengthwise; remove stems and seeds. Finely dice **tomato**. Halve and peel **onion**; dice one half. Mince some diced onion until you have 1 TBSP. (**For 4 servings, dice whole onion; mince until you have 2 TBSP.**) Quarter **lime**. Finely chop **cilantro**.



5 STUFF & BROIL PEPPERS

- Once **bell peppers** are done, remove sheet from oven and heat broiler to high.
- Stuff each pepper half with as much **filling** as will fit. Place in pan with remaining filling, nestling each stuffed pepper into filling. (**TIP: If your pan isn't ovenproof, transfer extra filling and stuffed peppers to a small baking dish.**) Sprinkle evenly with **Mexican cheese**.
- Broil until cheese is melted and lightly browned, 2-3 minutes. **TIP: Watch carefully to avoid burning.**



3 COOK PEPPERS & MAKE PICO

- Rub each **bell pepper half** with a **drizzle of oil**; season with **salt and pepper**. Place cut sides down on a baking sheet.
- Roast on middle rack until browned and softened, 18-20 minutes.
- Meanwhile, in a small bowl, combine **tomato**, **minced onion**, and **juice from half the lime**. Season with **salt and pepper**.



6 SERVE

- Divide **remaining filling** between plates and top with **stuffed peppers**. Top peppers with **smoky red pepper crema**, **pico de gallo**, and **remaining cilantro**. Drizzle with **hot sauce** if desired. Serve with **remaining lime wedges** on the side.