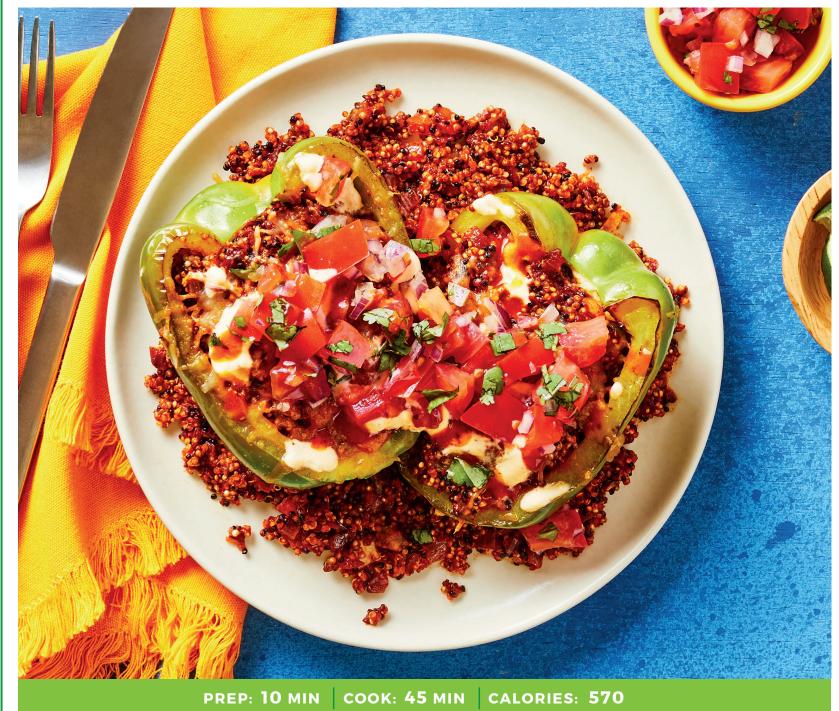
CHEESY QUINOA-STUFFED PEPPERS

with Pico de Gallo & Smoky Red Pepper Crema



HELLO FRESH INGREDIENTS 2 PERSON | 4 PERSON 1/2 Cup | 1 Cup 1 TBSP | 2 TBSP Tri-Colored Southwest Spice Blend 2 4 Veggie Stock Green Bell Concentrate Peppers 1 2 Red Onion Roma Tomato 1/4 oz | 1/4 oz Cilantro 1.5 oz | 3 oz Tex-Mex Paste Tomato Paste 1/2 Cup | 1 Cup 4 TBSP | 8 TBSP Mexican Cheese Smoky Red Pepper Crema **Contains: Milk** Contains: Milk, Soy 1 tsp | 1 tsp Hot Sauce 🆠 HELLO QUINOA This ancient grain has a mild, nutty flavor and fluffy texture once cooked.

Quinoa

1 2

111

1 1

Lime

1 2

Blend

19



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.



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.



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.

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.



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.



 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.