

### **ROASTED RED PEPPERS**

Stuffed with Ras El **Hanout-Spiced Pork** 

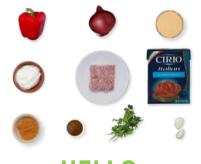












## -HELLO-**RAS EL HANOUT**

A blend of cumin, ginger, and other warm spices

#### **INGREDIENTS:**

•	Red	Bell	Peppers
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Red	$\bigcirc$ n	nion

<ul> <li>Parsley</li> </ul>	/
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#### • Quinoa

#### • Cirio Crushed Tomatoes

#### FOR 2 FOR 4 PEOPLE: **PEOPLE:**

2	4
1	1

1	1
2 Cloves	2 Cloves
1⁄4 OZ	1⁄4 oz
½ Cup	1 Cup

8 oz	16 oz
2 tsp	1 TBSF

½ Box	1 Box
2.65 oz	5.3 oz

#### NUTRITION PER SERVING -

#### START STRONG

Does cutting onions make you weep? Grab your sharpest knife. A well-honed blade will cause less damage to the bulb's tiny cells, which release a stinging gas when ruptured.

#### **BUST OUT-**

- Small pot
   Baking sheet
- Large pan
- Olive oil (4 tsp | 7 tsp)



## PREHEAT OVEN AND PREP

Wash and dry all produce.
Preheat oven to 450 degrees.
Bring 1 cup water and half the stock concentrate to a boil in a small pot. Cut peppers in half lengthwise and remove ribs and seeds. Halve, peel, and chop onion. Finely chop garlic. Finely chop parsley leaves.



2 COOK QUINOA
Add quinoa to boiling
vegetable stock. Return to a
boil, then cover, reduce heat to
low, and simmer until water is
absorbed and quinoa tender,
about 15 minutes.



ROAST PEPPERS
Meanwhile, place pepper
halves cut-side up on a lightlyoiled baking sheet. Season with
salt and pepper. Roast in oven
until starting to brown, about
15 minutes.



MAKE PORK STUFFING
In a large pan, heat a large
drizzle of olive oil on mediumhigh heat. Add onion and
garlic and season with salt and
pepper. Cook until softened,
about 3 minutes, stirring
occasionally. Add pork and
break it up into pieces.
Cook until no longer pink, 3-4
minutes. Stir in ras el hanout,
½ box Cirio crushed tomatoes,
2 TBSP water, and remaining
stock concentrate.



# 5 FINISH STUFFING AND OUINOA

Bring **pork mixture** to a boil, reduce heat to medium-low, and simmer until sauce thickens slightly, 4-5 minutes. Season to taste with **salt** and **pepper**. Meanwhile, toss **parsley** and a drizzle of **olive oil** into pot with **quinoa** and fluff with a fork. Season to taste with **salt** and **pepper**.



Divide quinoa between plates. Place 2 pepper halves on each plate and fill each with pork stuffing. Let some pork spill onto quinoa (to infuse it with that yummy flavor). Spoon a dollop of yogurt on top of each stuffed pepper.

### TANTALIZING!-

Use ras el hanout to flavor stews, soups, and marinades.