



# ROASTED RED PEPPERS

Stuffed with Ras El Hanout-Spiced Pork

PREP: 10 MIN  
TOTAL: 30 MIN

LEVEL 1

NUT FREE

GLUTEN FREE



HELLO

## RAS EL HANOUT

A blend of cumin, ginger, and other warm spices

### INGREDIENTS:

- Veggie Stock Concentrate
- Red Bell Peppers
- Red Onion
- Garlic
- Parsley
- Quinoa
- Ground Pork
- Ras El Hanout
- Cirio Crushed Tomatoes
- Plain Yogurt (Contains: Milk)

### FOR 2 PEOPLE:

- 1
- 2
- 1
- 2 Cloves
- ¼ oz
- ½ Cup
- 8 oz
- 2 tsp
- ½ Box
- 2.65 oz

### FOR 4 PEOPLE:

- 2
- 4
- 1
- 2 Cloves
- ¼ oz
- 1 Cup
- 16 oz
- 1 TBSP
- 1 Box
- 5.3 oz

### NUTRITION PER SERVING

2 Person: 558 cal | Fat: 21 g | Sat. Fat: 4.5 g | Protein: 35 g | Carbs: 61 g | Sugar: 17 g | Sodium: 463 mg | Fiber: 8 g

4 Person: 532 cal | Fat: 20 g | Sat. Fat: 4 g | Protein: 34 g | Carbs: 57 g | Sugar: 16 g | Sodium: 460 mg | Fiber: 7 g

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



### 1 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.

### 3 ROAST PEPPERS

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



### 4 MAKE PORK STUFFING

In a large pan, heat a large drizzle of **olive oil** on medium-high 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 QUINOA

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**.

### 6 PLATE

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.

