



AUG
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Quinoa Stuffed Peppers

with Feta, Mushrooms, and Pepitas

Guess what? Quinoa isn't actually a grain at all! In fact, it's botanically related to spinach and beets. We love cooking with this ancient Incan superfood because it's nutritious, hearty, and pairs well with so many flavors—especially the tangy ones in our stuffed peppers.



Prep: 15 min
Total: 35 min



level 1



nut
free



veggie



gluten
free



Quinoa



Red Bell
Peppers



Button
Mushrooms



Vegetable Stock
Concentrate



Garlic



Parsley



Shallot



Pepitas



White Wine
Vinegar



Feta

Ingredients

	2 People	4 People
Quinoa	¾ Cup	1½ Cups
Red Bell Peppers	2	4
Button Mushrooms	4 oz	8 oz
Vegetable Stock Concentrate	1	2
Garlic	2 Cloves	4 Cloves
Parsley	¼ oz	¼ oz
Shallot	1	2
Pepitas	1 oz	2 oz
White Wine Vinegar	1 T	2 T
Feta	1) ½ Cup	1 Cup
Olive Oil*	1 T	2 T

*Not Included

Allergens

1) Milk

Tools

Small pot, Baking sheet, Large pan

Nutrition per person Calories: 558 cal | Fat: 22 g | Sat. Fat: 6 g | Protein: 23 g | Carbs: 70 g | Sugar: 17 g | Sodium: 520 mg | Fiber: 10 g

2



1 Cook the quinoa: Preheat the oven to 400 degrees. In a small pot, bring **1½ cups water**, the **stock concentrate**, and a large pinch of **salt** to a boil. Once boiling, add the **quinoa**, cover, and reduce to a simmer for about 20 minutes, until tender.

3



2 Prep the ingredients: **Wash and dry all produce.** Peel and finely chop the **shallot**. Mince the **garlic**. Finely chop the **parsley**. Thinly slice the **mushrooms**. Halve the **bell peppers** lengthwise before removing the core, seeds, and white veins.

3 Roast the peppers: Drizzle the **bell peppers** with **olive oil** and season with **salt** and **pepper**. Roast on a baking sheet for 10-12 minutes, until slightly softened.

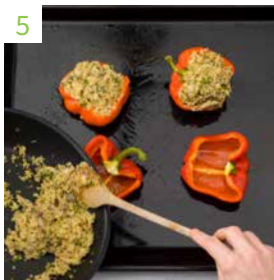
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4 Cook the mushrooms: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add the **mushrooms**. Cook, tossing, for 4-5 minutes, until golden brown. Add the **shallot** and **garlic**. Cook for 2-3 minutes, until fragrant.

5 Stuff and bake the peppers: Add **1 Tablespoon vinegar**, a drizzle of **olive oil**, the **quinoa**, and **half the parsley** to the pan. Cook, tossing, for 1 minute. Taste and season with **salt** and **pepper**. Spoon the **quinoa** into the **bell peppers**, then return to the oven for 5-7 minutes, until the peppers are very soft.

5



6 Serve: Sprinkle the **quinoa stuffed peppers** with **feta**, **pepitas**, and the remaining **parsley**. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

