



TUNISIAN STUFFED PEPPERS

with Chickpeas, Apricots & Feta Cheese



HELLO TUNISIAN SPICE BLEND

Nine different spices—including turmeric, cinnamon, coriander, and smoked paprika—add an enchanting, aromatic flavor to this dish.

PREP: 10 MIN | **TOTAL: 40 MIN** | **CALORIES: 870**

-  Bell Peppers*
-  Dried Apricots
-  Jasmine Rice
-  Feta Cheese
(Contains: Milk)
-  Scallions
-  Tunisian Spice Blend
-  Chickpeas
-  Sour Cream
(Contains: Milk)

*Your bell peppers may be orange, yellow, or red. No matter what the color, they will still be delicious!

START STRONG

Our chefs recommend using tongs to hold the hot-from-the-oven peppers in place while stuffing them in step 5. This'll help you keep a good grip on the veg and get as much filling as possible inside.

BUST OUT

- Small bowl
- Large pan
- Small pot
- Kosher salt
- Baking sheet
- Black pepper
- Strainer
- Paper towels
- Olive oil (6 tsp | 10 tsp)
- Butter (2 TBSP | 3 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Bell Peppers **2 | 4**
- Scallions **2 | 4**
- Dried Apricots **1 oz | 2 oz**
- Sour Cream **4 TBSP | 8 TBSP**
- Tunisian Spice Blend **1 TBSP | 2 TBSP**
- Jasmine Rice **½ Cup | 1 Cup**
- Chickpeas **13.4 oz | 26.8 oz**
- Feta Cheese **½ Cup | 1 Cup**

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

HelloFRESH



1 PREP & MAKE CREMA

Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry all produce.** Halve **bell peppers** lengthwise; remove stems and seeds. Trim and thinly slice **scallions**, separating whites from greens. Roughly chop **apricots**, if necessary. In a small bowl, combine **sour cream**, **¼ tsp Tunisian Spice** (½ tsp for 4 servings; you'll use more in step 2), and **salt**. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.



4 START FILLING

Meanwhile, drain and rinse **chickpeas**; pat as dry as possible with paper towels. Heat a large drizzle of **olive oil** in a large, preferably nonstick, pan over medium-high heat. Add chickpeas, **scallion whites**, remaining **Tunisian Spice**, and a big pinch of **salt**. Cook, stirring occasionally, until chickpeas are lightly browned, 3-4 minutes. (**TIP:** It's natural for chickpeas to pop a bit.) Turn off heat.

Share your #HelloFreshPics with us! | (646) 846-3663 [HelloFresh.com](https://www.hellofresh.com) | hello@hellofresh.com



2 COOK RICE

In a small pot, combine **rice**, **apricots**, **¾ cup water** (1½ cups for 4 servings), half the remaining **Tunisian Spice** (you'll use the rest later), and a big pinch of **salt**. Bring to a boil over medium-high heat, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to use.



5 FINISH FILLING & STUFF PEPPERS

Fluff **rice** with a fork. Stir into pan with **chickpeas** along with **¾ of the feta** and **2 TBSP butter** (3 TBSP for 4 servings). Season generously with **salt**. Stuff each **bell pepper half** with as much filling as will fit. Return baking sheet to oven until stuffed peppers are tender, 5-7 minutes. Cover pan with remaining filling to keep warm.



3 ROAST PEPPERS

While rice cooks, place **bell pepper halves** on a baking sheet and drizzle each with **olive oil**; rub to coat. Season generously with **salt** and **pepper**, then arrange cut sides up. Roast on middle rack until slightly softened, 15-17 minutes (you'll stuff them then). Remove from oven to cool slightly.



6 SERVE

Divide remaining **filling** between plates; top with **stuffed peppers**. Drizzle with **spiced crema**. Sprinkle with **scallion greens** and remaining **feta**. Serve.

GO NUTS

To add some crunch to your filling, stir in chopped, toasted nuts (we love pistachios and almonds).

WK 4 NJ-8