



TUSCAN BEEF-STUFFED PEPPERS

with Pearled Couscous and Melted Mozz



HELLO PEARLED COUSCOUS

This tiny toasted pasta (also known as Israeli couscous) lends a nutty taste and a fun, springy texture.

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 770**



Green Bell Peppers



Yellow Onion



Ground Beef



Tomato Paste



Mozzarella Cheese
(Contains: Milk)



Israeli Couscous
(Contains: Wheat)



Roma Tomato



Tuscan Heat Spice



Chicken Stock Concentrate

START STRONG

Be careful when handling the bell peppers in step 5. We recommend using tongs to hold these hot-from-the-oven veggies in place while stuffing them.

BUST OUT

- Baking sheet
- Small pot
- Large pan
- Kosher salt
- Black pepper
- Vegetable oil (5 tsp | 9 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

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

- Green Bell Peppers **2 | 4**
- Israeli Couscous **½ Cup | 1 Cup**
- Yellow Onion **1 | 2**
- Roma Tomato **1 | 2**
- Ground Beef* **10 oz | 20 oz**
- Tuscan Heat Spice **1 TBSP | 2 TBSP**
- Tomato Paste **1.5 oz | 1.5 oz**
- Chicken Stock Concentrate **1 | 2**
- Mozzarella Cheese **½ Cup | 1 Cup**

* Ground Beef is fully cooked when internal temperature reaches 160 degrees.

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 ROAST BELL PEPPERS

Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry all produce.** Halve **bell peppers** lengthwise; remove stems and seeds. Place on a baking sheet and drizzle each half with **oil**; rub to coat. Season with **salt** and **pepper**. Roast until browned and softened, 18-20 minutes.



4 FINISH FILLING

Stir **tomato paste** and **diced tomato** into pan with **beef mixture** until thoroughly combined. Add **stock concentrate** and **½ cup water**; season with **salt** and **pepper**. Simmer until slightly thickened, 1-2 minutes. Stir in **couscous** until thoroughly combined. Turn off heat.

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2 COOK COUSCOUS AND PREP

Meanwhile, melt **1 TBSP butter** (2 TBSP for 4 servings) in a small pot over medium-high heat. Add **couscous** and a pinch of **salt** and **pepper**. Cook, stirring, until toasted, 2-3 minutes. Add **¾ cup water** (1½ cups for 4). Bring to a boil, then cover and reduce to a low simmer. Cook until couscous is tender, 6-8 minutes. Keep covered off heat. While couscous cooks, halve, peel, and dice **onion**. Finely dice **tomato**.



5 STUFF BELL PEPPERS

Once **bell peppers** are done, remove from oven and stuff each half with as much **filling** as will fit. Place in pan with remaining filling, nestling each stuffed pepper half into the mixture. Sprinkle evenly with **mozzarella**. **TIP:** If your pan isn't ovenproof, transfer mixture to a small baking dish and arrange stuffed pepper halves in there.



3 START FILLING

Heat a drizzle of **oil** in a large, preferably ovenproof, pan over medium heat. Add **onion** and cook, stirring, until softened, 4-5 minutes. Add **beef** and **Tuscan Heat Spice**; season with **salt** and **pepper**. Cook, breaking up meat into pieces, until browned and cooked through, 4-5 minutes. **TIP:** If there's excess grease in your pan, carefully pour it out.



6 FINISH AND SERVE

Bake **stuffed peppers** on middle rack until cheese has melted, 3-4 minutes. Divide remaining filling between plates. Top with stuffed peppers and serve.

GO NUTS

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

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