



# TUSCAN PORK-STUFFED PEPPERS

with Pearled Couscous & Melted Mozz

## INGREDIENTS

2 PERSON | 4 PERSON



2 | 4  
Green Bell Peppers



2.5 oz | 5 oz  
Israeli Couscous  
Contains: Wheat



1 | 2  
Yellow Onion



1 | 2  
Roma Tomato



10 oz | 20 oz  
Ground Pork



1 TBSP | 2 TBSP  
Tuscan Heat Spice



1.5 oz | 1.5 oz  
Tomato Paste



1 | 2  
Chicken Stock Concentrate



½ Cup | 1 Cup  
Mozzarella Cheese  
Contains: Milk

## HELLO

### PEARLED COUSCOUS

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



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 790





### SAVED BY THE BELL

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

### GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663  
HelloFresh.com



### 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**; arrange cut sides down.
- Roast on middle rack until browned and softened, 18-20 minutes.



### 4 FINISH FILLING

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



### 2 COOK COUSCOUS & PREP

- While bell peppers roast, 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. Stir in **3/4 cup water** (1 1/2 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.
- Meanwhile, halve, peel, and dice **onion**. Finely dice **tomato**.



### 5 STUFF BELL PEPPERS

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



### 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 **pork\*** and **Tuscan Heat Spice**; season with **salt** and **pepper**. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. TIP: If there's excess grease in your pan, carefully pour it out.



### 6 FINISH & 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.

\* Ground Pork is fully cooked when internal temperature reaches 160°.