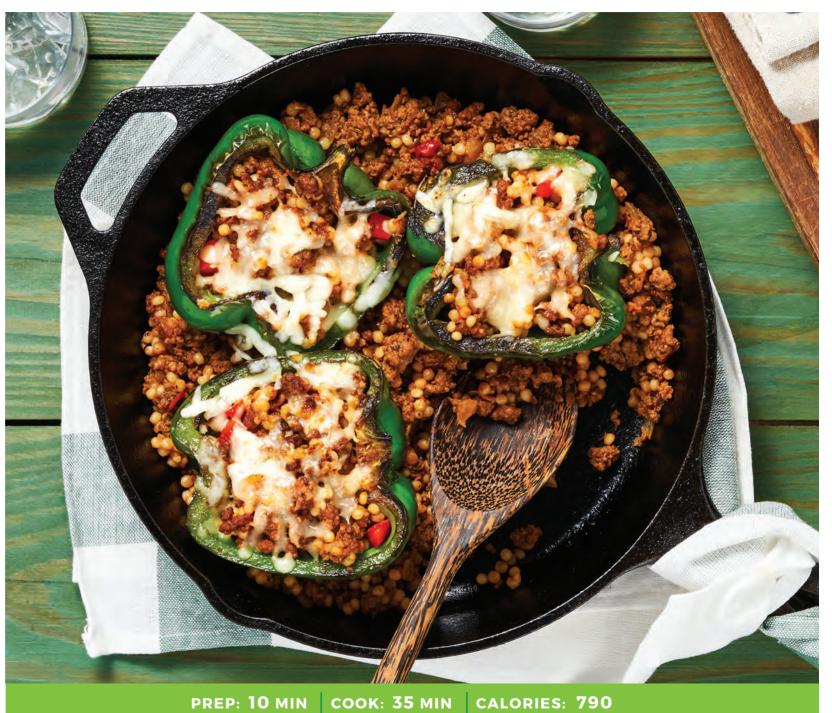


with Pearled Couscous & Melted Mozz



HELLO FRESH INGREDIENTS 2 PERSON | 4 PERSON 2 4 2.5 oz 5 oz Green Bell Israeli Couscous Peppers **Contains: Wheat** 1 2 1 2 Yellow Onion Roma Tomato 10 oz | 20 oz 1 TBSP | 2 TBSP Tuscan Heat Ground Pork Spice 1.5 oz | 1.5 oz 1 2 Tomato Paste Chicken Stock Concentrate 1/2 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.

6



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

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



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.



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 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.
- Meanwhile, halve, peel, and dice **onion**. Finely dice **tomato**.



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.



4 FINISH FILLING

- Stir tomato paste and diced tomato into pan with pork mixture until thoroughly combined.
- Add stock concentrate and ¼ cup water; season with salt and pepper. Simmer until slightly thickened, 1-2 minutes.
- Stir in **couscous** until thoroughly combined. Turn off heat.



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.



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.