



Cooking Made Easy

hellofresh.com | hello@hellofresh.com



APR 2015 Share your masterpiece! Tag your photos with #HelloFreshPics and share on [f](#) [t](#) [i](#) You'll be entered into our weekly photo contest!

Indian Stuffed Peppers

with Garam Masala-spiced Chickpeas, Carrots & Peas



These sure ain't your Momma's stuffed peppers! We're changing it up big time with fragrant curry and garam masala. Garam masala, a vibrant spice mix of coriander, cinnamon, cadamom, and much more, infuses the filling with a bold Indian flavor profile.



45 min



level 1



nut free



vegan



gluten free



Bell Pepper



Basmati Rice



Onion



Garam Masala



Parsley



Chickpeas



Carrot



Curry Powder



Peas

Ingredients	2 People	4 People
Bell Pepper	2	4
Basmati Rice	½ C	1 C
Carrot	1	2
Peas	4 oz	8 oz
Onion	1	2
Curry Powder	1 t	2 t
Garam Masala	1 t	2 t
Parsley	1 bunch	2 bunches
Chickpeas	1 can	2 cans
Olive Oil*	2 T	4 T

*Not Included

Allergens

(None)

Tools

Baking Sheet, Peeler, Strainer, Medium Pan

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 625 cal | Carbs: 101 g | Fat: 20 g | Protein: 21 g | Fiber: 21 g



1 Preheat oven to 350 degrees. Halve and core the **bell peppers**. Drizzle the halves with 1 tablespoon **olive oil** total, then season with **salt** and **pepper**. Place on a baking sheet and roast for 20 minutes, or until softened and beginning to brown. Set aside.



2 Meanwhile, halve, peel, and chop the **onion**. Peel and finely chop the **carrot**. Chop the **parsley**, keeping the leaves and stems separate. Drain and rinse the **chickpeas**.

3 Heat 1 tablespoon **olive oil** in a medium pan over medium heat. Add the **onion**, **carrot** and **parsley stems** and season with **salt** and **pepper**. Cook, tossing, for 5 minutes, until softened.

4 Add the **curry powder** and **garam masala** to the pan and cook for 30 seconds, until fragrant. Stir in the **rice**, season with **salt** and **pepper**, and cook for about 1 minute, to lightly toast.



5 Add 1 ¼ cups **water**, bring to a boil, reduce to a simmer, and cover. Cook for 15 minutes, stirring occasionally, until rice is tender.

6 Once the rice is just tender, stir in the **peas**, **chickpeas** and **half the parsley leaves**. Taste and season with **salt** and **pepper**. Cook for about 3 minutes, until **peas** and **chickpeas** are warmed through.

7 Remove the baking sheet from the oven, then stuff the **roasted peppers** with the **rice mixture** and garnish with **remaining parsley leaves**. Enjoy!