



Cooking Made Easy

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Indian Stuffed Peppers

with Curried Beef & Garam Masala-scented Rice



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



45 min



level 1



nut free



lactose free



gluten free



Bell Pepper



Ground Beef



Onion



Curry Powder



Garam Masala



Carrot



Peas



Basmati Rice



Parsley

Ingredients	2 People	4 People
Bell Pepper	2	4
Ground Beef	8 oz	16 oz
Onion	1	2
Curry Powder	1 t	2 t
Garam Masala	1 t	2 t
Carrot	1	2
Peas	4 oz	8 oz
Parsley	1 bunch	2 bunch
Basmati Rice	$\frac{3}{4}$ C	1 $\frac{1}{2}$ C
Olive Oil*	3 T	6 T

*Not Included

Allergens
(None)

Tools
Baking Sheet, Peeler,
Medium Pan

Ruler

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Nutrition per person Calories: 778 cal | Carbs: 95 g | Fat: 28 g | Protein: 36 g | Fiber: 9 g



1 Preheat oven to 350 degrees. Halve and core the **bell peppers**. Drizzle each half with $\frac{1}{2}$ tablespoon **olive oil** and 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**. Finely chop the **parsley**, keeping the leaves and stems separate.



3 Heat 1 tablespoon **olive oil** in a large pan over medium heat. Add the **ground beef** and season with **salt** and **pepper**. Cook, breaking up the pieces, for about 7 minutes, until beef is no longer pink. Set aside.



4 Add the **onion** and **carrot** to the same pan you cooked the beef in and season with **salt** and **pepper**. Cook, tossing, for about 5 minutes, until softened.

5 Add 1 teaspoon **curry powder** and the **garam masala** to the pan and cook for 30 seconds, until fragrant. Stir in the **rice** and **parsley stems**. Season with **salt** and **pepper** and cook for about 1 minute.

6 Add 2 cups **water** to the pan, bring to a boil, reduce to a simmer, and cover. Cook for 15 minutes, stirring occasionally, until rice is tender.

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

8 Remove the baking sheet from the oven, then stuff the **roasted peppers** with the **rice mixture**. Sprinkle with **remaining parsley leaves** and enjoy!