



More than Food

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Quinoa-Stuffed Peppers with Feta Cheese, Mushrooms, and Shallot

We are stuffing sweet bell peppers with golden-brown mushrooms, shallot, and hearty quinoa, and tossing with savory soy and tangy vinegar. Feta cheese and parsley add a fresh, tangy finish to the dish. You'll love this healthy spin on classic comfort.



40 min



level 1



veggie



nut free



gluten free



Red Bell Peppers



Quinoa



Vegetable Stock Concentrate



Garlic



Parsley



Shallot



Button Mushrooms



Soy Sauce



White Wine Vinegar



Feta Cheese



Pepitas

Ingredients

	2 People	4 People
Red Bell Peppers	2	4
Quinoa	¾ C	1 ½ C
Vegetable Stock Concentrate	1	2
Garlic	2 cloves	4 cloves
Parsley	1 bunch	2 bunches
Shallot	1	2
Button Mushrooms	4 oz	8 oz
Soy Sauce	1) 2 T	4 T
White Wine Vinegar	1 T	2 T
Feta Cheese	2) 2 oz	4 oz
Pepitas	1 oz	2 oz
Olive Oil*	1 T + 1 t	2 T + 2 t

*Not Included

Allergens

1) Soy

2) Milk

Tools

Small Pot, Baking Sheet, Large Pan

Ruler

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Nutrition per person Calories: 593 cal | Carbs: 68 g | Fat: 27 g | Protein: 25 g | Fiber: 11 g | Sodium: 1257 mg

Make sure to wash and dry produce before prepping or cooking!



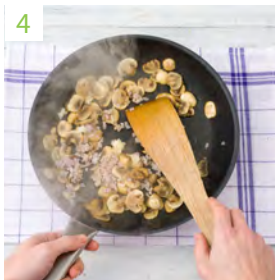
1 Cook the quinoa: Preheat the oven to 400 degrees. In a small pot, bring **1 ½ cups of water**, the **stock concentrate**, and a large pinch of **salt** to a boil. Once boiling, add the **quinoa**, cover, and reduce to a simmer for about 15 minutes, until tender.

2 Prep the ingredients: Halve, peel, and finely chop the **shallot**. Mince the **garlic**. Finely chop the **parsley**. Slice the **mushrooms**. Halve the **bell peppers** lengthwise and remove the core, seeds, and white ribs.



3 Roast the peppers: Drizzle the **peppers** with **olive oil** and season with **salt** and **pepper**. Roast on a baking sheet for 10-12 minutes, until slightly softened.

4 Heat **1 Tablespoon oil** in a large pan over medium-high heat. Add the **mushrooms** and cook, tossing, for 4-5 minutes, until golden brown. Add the **shallot** and **garlic** and cook for 2-3 minutes, until fragrant.



5 Add **1 Tablespoon vinegar**, the **soy sauce**, **quinoa**, **half the pepitas**, and **half the parsley** to the pan. Cook, tossing, for 1 minute.

6 Stuff the peppers: Spoon the **quinoa** into the **peppers** and bake for 5-7 minutes, until the peppers are softened.

7 Sprinkle the **stuffed peppers** with the **remaining parsley**, **pepitas**, and the **feta cheese**. Enjoy!

