



More Than Food

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## Greek Feta Stuffed Peppers with Bulgur and Avocado Salad

These home roasted peppers are stuffed with tangy feta, served with bulgur and a super-nutritious avocado salad. Celebrating the wonderful cuisine of Greece, this meal features flavours typical to the Mediterranean - oregano, chilli, garlic and lemon. This easy to prepare bulgur is accompanied by a zingy avocado salad which is full of healthy fats. Tasty hot, warm and cold – even makes a great packed lunch the next day!



40 mins



spicy



veggie



healthy



Vegetable Stock Pot (1/2)



Bulgur Wheat (3/4 cup)



Red Pepper (1)



Red Chilli (1 tsp)



Garlic Clove (1)



Lemon (1/2)



Feta Cheese (1 block)



Dried Oregano (1/2 tbsp)



Panko Breadcrumbs (1 1/2 tbsp)



Cherry Tomatoes (1 punnet)



Avocado (1)



Spring Onion (2)



Rocket (1 bag)

## Ingredients

	2 PEOPLE	ALLERGENS
Vegetable Stock Pot	½	Celery
Bulgur Wheat	¾ cup	Gluten
Red Pepper, halved	1	
Red Chilli, chopped	1 tsp	
Garlic Clove, chopped	1	
Lemon	½	
Feta Cheese	1 block	Milk
Dried Oregano	½ tbsp	
Panko Breadcrumbs	1½ tbsp	Gluten
Cherry Tomatoes, halved	1 punnet	
Avocado	1	
Spring Onion, sliced	2	
Rocket	1 bag	

 Our fruit and veggies come fresh from the farm so give them a little wash before using

**Nutrition per serving:** Calories: 537 kcal | Protein: 18 g | Carbs: 64 g | Fat: 25 g | Saturated Fat: 9 g



**1** Pre-heat your oven to 200 degrees. Bring 350ml of water to boil in a pot and add half the stock pot. Stir to dissolve and then add the bulgur wheat. Take the pot off the heat, cover and leave to stand for 25 mins or until the water has completely soaked into the wheat.



**2** Meanwhile, cut the pepper in half and cut out the core. Place on a baking tray and roast for 7 mins in the oven, until softened.



**3** Finely chop the red chilli and peel and finely chop the garlic. Add these to a medium-sized bowl (the amount you add depends on how spicy you like things!). Grate the zest of slightly less than half the lemon and add this to the mix, along with the juice of a quarter of the lemon. **Tip:** *When zesting, only remove the yellow zest, not the white underneath - it's very bitter!* Crumble in the feta and season with the oregano and a few good grinds of black pepper.



**4** The peppers should be about ready now, so remove from the oven and spoon in the feta mixture. Sprinkle ¾ tbsp of breadcrumbs over each pepper. Return these to the oven and bake for another 10 mins.

**5** While the peppers are baking prepare the salad. Chop your cherry tomatoes in half. Carefully cut a grid pattern in the avocado flesh without cutting through the skin (or your hand!) and use a tbsp to scoop it into the salad. **Tip:** *To prepare the avocado, cut around the stone lengthways. Twist the cut halves of the avocado to separate. Lightly tap the knife into the stone to get a hold of it and twist the knife to remove it. Finely slice the spring onions and set aside. Mix the tomatoes together with the avocado and the rocket in a bowl.*

**6** Once the bulgur wheat has absorbed all the water, fluff with a fork and mix in your spring onions.

**7** When everything is ready to serve, dress the salad. Squeeze over the juice of the remaining half lemon, add 1 tbsp of olive oil and season with ¼ tsp of salt and a good grind of black pepper. **Tip:** *The acid in the lemon juice stops the avocado from going brown and adds an extra dose of vitamin C.*

**8** If you haven't already, take your peppers out of the oven and serve on top of a generous heap of bulgur wheat alongside the salad.