



# CHICKEN SAUSAGE STUFFED PEPPERS

with Melty Mozzarella & an Herby Tomato Topper

## INGREDIENTS

2 PERSON | 4 PERSON



2 | 4

Green Bell Peppers



9 oz | 18 oz

Italian Chicken Sausage Mix



¾ Cup | 1½ Cups

Israeli Couscous  
Contains: Wheat



1 | 2

Chicken Stock Concentrate



1 | 2

Roma Tomato



1 Clove | 2 Cloves

Garlic



1 | 1

Green Herb Blend



½ Cup | 1 Cup

Mozzarella Cheese  
Contains: Milk



1.5 oz | 3 oz  
Tomato Paste

## HELLO

### GREEN HERB BLEND

A fragrant mixture of chives and parsley adds a pop of freshness to this hearty dish.



PREP: 5 MIN | COOK: 40 MIN | CALORIES: 830



## AMAZING PASTE

Tomato paste is bursting with concentrated, tangy-sweet flavors that'll give your dish delicious depth. Stirring it into the couscous and sausage mixture in step 3, and giving it a minute to cook before adding the water, will help the tomato paste caramelize, giving your pepper filling a huge hit of umami.

## BUST OUT

- Baking sheet
- Large pan
- Small bowl
- Kosher salt
- Black pepper
- Vegetable oil (4 tsp | 8 tsp)
- Olive oil (4 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

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### 1 PREP & ROAST BELL PEPPERS

- Adjust rack to top 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**, then arrange cut sides down.
- Roast on top rack until browned and softened, 18-20 minutes.
- Meanwhile, peel and mince or grate **garlic**.



### 4 MIX TOPPING & FINISH FILLING

- Meanwhile, dice **tomato**. Thinly slice **chives**. Pick **parsley leaves** from stems; finely chop leaves.
- In a small bowl, combine tomato, half the chives and chopped parsley, and a large drizzle of **olive oil**. Season with **salt** and **pepper**.
- Stir remaining chives and chopped parsley and **1 TBSP butter** (2 TBSP for 4 servings) into pan with **couscous mixture**.



### 2 BROWN SAUSAGE

- Heat a drizzle of **olive oil** in a large, preferably ovenproof, pan over medium-high heat. Add **sausage\*** and cook, breaking up meat into pieces, until browned, 4-5 minutes (it'll finish cooking in the next step).



### 5 STUFF PEPPERS

- Once **bell peppers** are done, carefully flip over on sheet 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, keep stuffed peppers on baking sheet.**
- Sprinkle stuffed peppers with **mozzarella**. Return to top rack until cheese melts, 1-2 minutes.



### 3 COOK FILLING

- Add another drizzle of **olive oil** to pan with **sausage**. Add **couscous**, **tomato paste**, and **garlic**; cook, stirring, until garlic is fragrant and everything is thoroughly combined, 1 minute.
- Stir in **stock concentrate** and **1½ cups water** (2½ cups for 4 servings) until combined. Bring to a simmer and cook until mixture has thickened, couscous is tender, and sausage is cooked through, 6-8 minutes. **(TIP: If liquid evaporates before couscous is tender, add a splash more water.)** Season generously with **salt** and **pepper**. Turn off heat.



### 6 SERVE

- Divide any remaining **filling** between plates and top with **stuffed peppers**. Spoon **tomato herb mixture** over stuffed peppers. Divide between plates and serve.

\* Chicken Sausage is fully cooked when internal temperature reaches 165°.