



MEDITERRANEAN MUSHROOM STUFFED PEPPERS

with Tunisian-Spiced Hummus & Feta

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Green Bell Peppers



4 oz | 8 oz
Button Mushrooms



2 | 4
Scallions



1 | 2
Roma Tomato



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



¾ Cup | 1½ Cups
Israeli Couscous
Contains: Wheat



1 TBSP | 2 TBSP
Tunisian Spice Blend



1 | 2
Mushroom Stock Concentrate



4 TBSP | 8 TBSP
Sabra Classic Hummus



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



½ Cup | 1 Cup
Feta Cheese
Contains: Milk

HELLO

TUNISIAN SPICE BLEND

This aromatic blend—including caraway, smoked paprika, and turmeric—adds warm, Mediterranean flavor to couscous filling and creamy hummus sauce.



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 670



SABRA CLASSIC HUMMUS

Sabra Classic Hummus is a simple, flavorful blend of chickpeas, garlic, and tahini (made from toasted ground sesame seeds), which brings a creamy richness to this dish.

THE MORE YOU KNOW

In step 3, you'll be toasting the sliced almonds as a base for your couscous. This brings out their natural oils for a deeper (nuttier!) flavor.

BUST OUT

- Baking sheet
- 2 Small bowls
- Small pot
- Kosher salt
- Black pepper
- Vegetable oil (2 tsp | 2 tsp)
- Olive oil (1 tsp | 1 tsp)
- Butter (2 TBSP | 3 TBSP)
Contains: Milk

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1 ROAST VEGGIES

- Preheat oven to 425 degrees. **Wash and dry all produce.**
- Halve **bell peppers** lengthwise; remove stems and seeds. Toss on one side of a baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**; arrange cut sides down. Trim **mushrooms**. Toss on empty side with a drizzle of **oil**. Season with **salt** and **pepper**.
- Roast on middle rack until peppers are lightly browned and softened and mushrooms are golden brown, 18-20 minutes. Remove from oven.
- **4 SERVINGS: Divide between 2 baking sheets; roast bell peppers on middle rack and mushrooms on top rack.**



4 MAKE SAUCE

- Meanwhile, in a second small bowl, combine **hummus**, **sour cream**, and remaining **Tunisian Spice**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



2 PREP & SEASON TOMATO

- Meanwhile, trim and thinly slice **scallions**, separating whites from greens. Finely dice **tomato**.
- In a small bowl, toss tomato with a drizzle of **olive oil**. Season with **salt** and **pepper**.



5 STUFF PEPPERS

- Once **mushrooms** are cool enough to handle, transfer to a cutting board; roughly chop.
- Heat pot with **couscous** over medium-low heat. Uncover; stir in mushrooms, **tomato**, and **1 TBSP butter**. Cook, stirring, until butter has melted and tomato is slightly softened, 1-2 minutes. Season with **salt** (we used ½ tsp) and **pepper**.
- Stuff each **bell pepper half** with as much **filling** as will fit.
- **4 SERVINGS: Use 2 TBSP butter and 1 tsp salt.**



3 COOK COUSCOUS

- Melt **1 TBSP butter** in a small pot over medium-high heat. Add **almonds**; cook, stirring often, until lightly browned, 2-3 minutes. Stir in **scallion whites**, **couscous**, **2 tsp Tunisian Spice** (you'll use the rest later), and a pinch of **salt**. Cook, stirring, until scallion whites are softened and couscous is toasted, 2-3 minutes.
- Stir in **¾ cup water** and **stock concentrate**. Bring to a boil; cover and reduce heat to low. Cook until tender, 6-8 minutes. Keep covered off heat.
- **4 SERVINGS: Use a medium pot, 4 tsp Tunisian Spice, and 1½ cups water.**
- **TIP: Drain any excess water from cooked couscous, if necessary.**



6 SERVE

- Divide remaining **filling** and **stuffed peppers** between plates. Drizzle with **sauce**. Top with **feta** and **scallion greens** and serve.