



SEVEN-GRAIN CHILES RELLENOS

with Avocado Salsa and Zesty Crema



HELLO
SEEDS of CHANGE
SEVEN WHOLE GRAINS
 Made with USDA certified-organic ingredients, this blend of grains, herbs, and spices is wholly delicious.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 670

-  Poblano Peppers
-  Roma Tomato
-  Southwest Spice Blend
-  Avocado
-  Monterey Jack Cheese (Contains: Milk)
-  Yellow Onion
-  Lime
-  Seven Whole Grains (Contains: Soy, Wheat)
-  Sour Cream (Contains: Milk)
-  Thai Chili

START STRONG

We recommend using a fine grater or microplane to zest limes and other citrus fruits. If you don't have either, try using a vegetable peeler to shave off strips of zest before mincing them very finely.

BUST OUT

- Baking sheet
- Zester
- Small bowl
- Vegetable oil (2 tsp | 4 tsp)
- Olive oil (2 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)
- Large pan
- Medium bowl

INGREDIENTS

Ingredient 2-person | 4-person

- Poblano Peppers 2 | 4
- Yellow Onion 1 | 2
- Roma Tomato 1 | 2
- Lime 1 | 2
- Thai Chili 1 | 1
- Sour Cream 2 TBSP | 4 TBSP
- Southwest Spice Blend 1 TBSP | 2 TBSP
- Seven Whole Grains 8.5 oz | 17 oz
- Monterey Jack Cheese ½ Cup | 1 Cup
- Avocado 1 | 1

WINE CLUB

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1 ROAST POBLANOS

Wash and dry all produce. Adjust rack to middle position and preheat oven to 425 degrees. Halve **poblanos** lengthwise and remove cores. Rub each with a drizzle of **oil** and season with **salt** and **pepper**. Place on a baking sheet and roast in oven until soft, about 15 minutes.



4 ADD GRAINS

Add **Southwest spice**, **salt**, **pepper**, and half the **tomato** to pan with **onion**. Cook, tossing occasionally, until tomato softens, 2-3 minutes. Massage **Seven Whole Grains** packet to break up any clumps, then add grains to pan along with **½ cup water**. Simmer, stirring every now and then, until warmed through and water is mostly absorbed, 1-2 minutes. Stir in **1 TBSP butter**, then season with salt and pepper. Remove from heat.



2 PREP AND MIX CREMA

Halve, peel, and chop **onion**. Halve **tomato**, then cut into small cubes. Zest **lime**, then halve; cut one half into wedges. Finely mince **chili**, removing ribs and seeds for less heat. In a small bowl, stir together **sour cream**, zest, and **1 TBSP water**. Season with **salt** and **pepper**. Set aside.



5 STUFF AND BAKE POBLANOS

Once **poblanos** are done roasting, stuff each with as much of the **grain mixture** as will fit. Place in pan with remaining grain mixture, nestling each poblano half in the grains. Sprinkle evenly with **cheese**. Transfer pan to oven. Bake until cheese melts and is slightly crisp, 7-8 minutes. **TIP:** If your pan isn't ovenproof, transfer mixture to a small baking dish and arrange stuffed poblanos in there.



3 COOK ONION

Heat a large drizzle of **olive oil** in a large pan over medium-high heat. (**TIP:** We recommend a nonstick, ovenproof pan if you have one.) Add **onion** and cook, tossing occasionally, until just softened, 3-4 minutes.



6 MAKE SALSA AND SERVE

Meanwhile, halve, peel, and pit **avocado**, then cut into small cubes. Place in a medium bowl with remaining **tomato** and **juice** from lime half. Season with **salt** and **pepper**. Toss to combine. Divide **stuffed poblanos** and **grain mixture** between plates. Top with avocado salsa, **crema**, and **chili** (if desired). Serve with **lime wedges**.

SPICE IT UP!

Break out the hot sauce if you like things hot.

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