



SOUTHWEST STUFFED POBLANOS

with Quinoa and Corn



HELLO QUINOA

This nutty, protein-packed grain is also naturally gluten free.

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 570



Poblano Peppers



Scallions



Veggie Stock Concentrate



Sour Cream
(Contains: Milk)



Southwest Spice Blend



Roma Tomato



Lime



Quinoa



Corn



Pepper Jack Cheese
(Contains: Milk)

START STRONG



Be careful when handling the poblanos in step 5. We recommend using tongs to hold the hot-from-the-oven peppers in place while stuffing them.

BUST OUT

- Zester
- Small pot
- Baking sheet
- Small bowl
- Strainer
- Paper towels
- Vegetable oil (2 tsp | 4 tsp)
- Large pan
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient 2-person | 4-person

- Poblano Peppers  2 | 4
- Roma Tomato 1 | 2
- Scallions 2 | 4
- Lime 1 | 2
- Veggie Stock Concentrate 1 | 2
- Quinoa $\frac{1}{2}$ Cup | 1 Cup
- Sour Cream 2 TBSP | 4 TBSP
- Corn 13.4 oz | 26.8 oz
- Southwest Spice Blend 1 TBSP | 2 TBSP
- Pepper Jack Cheese  $\frac{1}{2}$ Cup | 1 Cup

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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1 PREP

Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry all produce.** Halve **poblanos** lengthwise; remove ribs and seeds. Dice **tomato**. Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lime** (quarter both limes for 4 servings).



4 MAKE FILLING

Drain **corn** and pat dry with paper towels. Heat a drizzle of **oil** in a large, preferably ovenproof, pan over high heat. Add corn and cook, stirring occasionally, until lightly charred, 4-6 minutes. (**TIP:** If corn begins to pop, cover pan.) Reduce heat to medium and add **tomato**, **scallion whites**, and **Southwest Spice**. Cook, stirring occasionally, until tomato breaks down, 2-3 minutes. Season with **salt** and **pepper**. Turn off heat.

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2 COOK QUINOA

In a small pot, combine **1 cup water** (2 cups for 4 servings), **stock concentrate**, and a big pinch of **salt**. Bring to a boil, then add **quinoa**, cover, and reduce to a low simmer. Cook until quinoa is tender and water has evaporated, 15-20 minutes. **TIP:** Drain any excess water, if necessary.



5 STUFF PEPPERS

Stir cooked **quinoa** into pan with **veggies**; season with **salt** and **pepper**. Once **poblanos** are done roasting, stuff each half with as much **filling** as will fit. Place in pan with remaining filling, nestling each poblano half into the grain mixture. (**TIP:** If your pan isn't ovenproof, transfer mixture to a small baking dish and arrange stuffed poblanos in there.) Sprinkle evenly with **pepper jack**. Heat broiler to high or oven to 500 degrees.



3 ROAST PEPPERS AND MAKE CREMA

While quinoa cooks, rub **poblano halves** with **oil**; season with **salt** and **pepper**. Place cut sides down on a baking sheet. Roast on middle rack until tender, 18-20 minutes. Meanwhile, in a small bowl, combine **sour cream**, **lime zest**, and a squeeze of **lime juice**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



6 FINISH AND SERVE

Transfer **stuffed poblanos** to middle rack; broil or bake until **cheese** is melted and lightly browned, 2-3 minutes. Remove from oven and top with **lime crema** and **scallion greens**. Divide between plates. Serve with remaining **lime wedges** on the side.

HOT STUFF

Looking for some extra heat? Top the finished peppers with minced jalapeño.

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