



More Than Food  
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

## Tomatoey Bulgur and Mozzarella Stuffed Peppers with Sweet Onion Salad

Biber dolmasi are Turkish stuffed and roasted peppers. In this recipe, we have created a HelloFresh spin on this traditional dish by stuffing peppers with bulgur wheat and sun-dried tomatoes, to give a delicious smoky flavour. Paired with sweet red onion and peppery rocket salad, this dish is a firm veggie favourite at the HelloFresh Farm.

40 mins

3 of your 5 a day

mealkit

veggie



Yellow Pepper (2)



Red Onion (1)



Ground Coriander (1½ tsp)



Echalion Shallot (1)



Garlic Clove (1)



Sun-Dried Tomatoes (30g)



Coriander (½ bunch)



Tomato Purée (2 tbsp)



Bulgur Wheat (100g)



Vegetable Stock Pot (½)



Water (200ml)



Pine Nuts (25g)



Lemon (½)



Olive Oil (1 tbsp)



Mozzarella Cheese (1 ball)



Panko Breadcrumbs (20g)



Rocket (1 bag)

## 2 PEOPLE INGREDIENTS

- Yellow Pepper, halved **2**
- Red Onion, chopped **1**
- Ground Coriander **1½ tsp**
- Echalion Shallot, chopped **1**
- Garlic Clove, grated **1**
- Sun-Dried Tomatoes, chopped **30g**
- Coriander, chopped **½ bunch**
- Tomato Purée **2 tbsp**
- Bulgur Wheat **100g**
- Vegetable Stock Pot **½**
- Water **200ml**
- Pine Nuts **25g**
- Lemon **½**
- Olive Oil **1 tbsp**
- Mozzarella Cheese **1 ball**
- Panko Breadcrumbs **20g**
- Rocket **1 bag**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Pine nuts come from pine cones, obviously! They can take up to three years to mature and can be very difficult to harvest, hence their expensive price tag!

**Allergens:** Celery, Gluten, Sulphites, Milk.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	675 kcal / 2831 kJ	33 g	13 g	66 g	18 g	29 g	4 g
<b>Per 100g</b>	129 kcal / 539 kJ	6 g	3 g	12 g	3 g	6 g	1 g

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

1



**1** Preheat your oven to 200 degrees. Cut each **yellow pepper** in half through the root and remove the core (keep the stalk on!). Cut the **red onion** in half through the root, peel and chop into 2cm chunks.

3



**2** Pop your **onion** on a baking tray and drizzle over some **oil, ground coriander, salt** and **black pepper**. If you have space on your baking tray, move your **onion** to one end and lay your **peppers** skin-side down in a single layer at the other end. If there is not enough space just use two baking trays! Pop on the top shelf of your oven for 15-20 mins. **Tip:** *The peppers should be quite soft.*

**3** Meanwhile, cut the **shallot** in half through the root, peel and chop into small ½cm pieces (or as small as you can). Peel and grate the **garlic**. Chop the **sun-dried tomatoes** into small pieces. Roughly chop the **coriander** (keep the stalks and leaves separate). Put a saucepan on medium heat with a drizzle of **oil** and add your **shallot**. Cook for 4 mins until soft, then add your **garlic, sun-dried tomatoes, coriander stalks** and **tomato purée**. Cook for 1 minute more.

5



**4** Add the **bulgur wheat** and mix in your **garlic** and **tomato**. Add the **vegetable stock pot** and **water** (amount specified in the ingredient list). Bring to the boil, pop a lid on and leave off the heat for 15 mins.

**5** Pop a frying pan on medium heat. Add the **pine nuts** and toast them for 1-2 mins until golden brown. Remove from the pan.

7



**6** Squeeze the **lemon** into a large bowl and pour in the **olive oil** (amount specified in the ingredient list) along with a pinch of **salt** and a grind of **black pepper**. Mix together with a fork and leave to the side. Tear the **mozzarella** into roughly 1cm chunks. Mix the **panko breadcrumbs** with a drizzle of **oil** in another bowl.

**7** Once your **onion** and **peppers** are out of your oven, preheat your grill to high. When your **bulgur wheat** is cooked, remove the lid and stir through half your **mozzarella**. Spoon your **bulgur mixture** into your **peppers** then, top with your **breadcrumbs** and a grind of **black pepper**. Remove your **onion** from the tray and pop your **stuffed peppers** back on the tray under your grill for 4-5 mins, or until your **breadcrumbs** are golden.

**8** Meanwhile, put the **rocket**, remaining **mozzarella, pine nuts** and cooled **onion** into the bowl with your **salad dressing**. Toss to combine. Serve your **stuffed peppers** with your **sweet onion salad** on the side, sprinkle over your **coriander leaves** and enjoy!

**Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!**