



TUSCAN BEEF-STUFFED PEPPER

with Pearled Couscous and Melted Monterey Jack Cheese



HELLO

PEARLED COUSCOUS

This tiny toasted pasta (also known as Israeli couscous) lends a nutty taste and unrivaled texture.



Green Bell Pepper



Yellow Onion



Ground Beef



Tuscan Heat Spice



Monterey Jack Cheese
(Contains: Milk)



Israeli Couscous
(Contains: Wheat)



Roma Tomato



Chicken Stock Concentrate



Tomato Paste

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 680

START STRONG

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

BUST OUT

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

INGREDIENTS

Ingredient 2-person | 4-person

- Green Bell Pepper 1 | 2
- Israeli Couscous ½ Cup | 1 Cup
- Yellow Onion 1 | 2
- Roma Tomato 1 | 2
- Ground Beef 10 oz | 20 oz
- Tuscan Heat Spice 1 TBSP | 2 TBSP
- Tomato Paste 2 TBSP | 2 TBSP
- Chicken Stock Concentrate 1 | 2
- Monterey Jack Cheese ¼ Cup | ¾ Cup

WINE CLUB

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1 ROAST BELL PEPPER

Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry all produce.** Halve **bell pepper** lengthwise; remove core and seeds. Place on a baking sheet and drizzle with **oil**. Season with **salt** and **pepper**. Roast until browned and softened, about 20 minutes.



4 FINISH FILLING

Stir **tomato paste** and diced **tomato** into pan until thoroughly combined, then add **stock concentrate** and ½ **cup water**; season with **salt** and **pepper**. Simmer until slightly thickened, 1-2 minutes. Stir in **couscous** until thoroughly combined. Turn off heat.



2 COOK COUSCOUS AND PREP

Melt **1 TBSP butter** in a small, lidded pot over medium-high heat. Add **couscous** and a pinch of **salt** and **pepper**. Cook, stirring, until toasted, 2-3 minutes. Add ¾ **cup water** and bring mixture to a boil. Once boiling, cover, reduce heat to low, and cook until tender, 10-12 minutes. Keep covered until ready to serve. Meanwhile, halve, peel, and dice **onion**. Finely dice **tomato**.



5 STUFF BELL PEPPER

Once **bell pepper** is done roasting, stuff each half with as much **filling** as will fit. Place in pan with remaining filling, nestling each stuffed pepper half in the mixture. Sprinkle evenly with **cheese**. (**TIP:** If your pan isn't ovenproof, transfer mixture to a small baking dish and arrange stuffed pepper in there.)



3 START FILLING

Heat a drizzle of **oil** in a large pan over medium heat. Add **onion** and cook, stirring, until softened, 4-5 minutes. Add **beef** and **Tuscan Heat Spice**; season with **salt** and **pepper**. Cook, breaking up meat into pieces, until browned and cooked through, 4-5 minutes. Carefully pour out and discard any excess grease, leaving filling in pan.



6 FINISH AND SERVE

Bake **stuffed pepper** in oven until cheese has melted, 3-4 minutes. Divide pepper halves and remaining filling between plates and serve.

GO NUTS

Add some crunch to your filling by stirring in chopped, toasted nuts.

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