



TUSCAN BEEF-STUFFED PEPPERS

with Pearled Couscous & Melted Mozz



HELLO PEARLED COUSCOUS

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

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 770**

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|---|---|---|---|---|
|  |  |  |  |  |
| Green Bell Peppers | Yellow Onion | Ground Beef | Tomato Paste | Mozzarella Cheese
(Contains: Milk) |
|  |  |  |  | |
| Israeli Couscous
(Contains: Wheat) | Roma Tomato | Tuscan Heat Spice | Chicken Stock Concentrate | |

START STRONG

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

BUST OUT

- Baking sheet
- Small pot
- Large pan
- Kosher salt
- Black pepper
- Vegetable oil (5 tsp | 9 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Green Bell Peppers **2 | 4**
- 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 **1.5 oz | 1.5 oz**
- Chicken Stock Concentrate **1 | 2**
- Mozzarella Cheese **½ Cup | 1 Cup**

* Ground Beef is fully cooked when internal temperature reaches 160 degrees.

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 ROAST BELL PEPPERS

Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry all produce.** Halve **bell peppers** lengthwise; remove stems and seeds. Place on a baking sheet and drizzle each half with **oil**; rub to coat. Season with **salt** and **pepper**. Roast until browned and softened, 18-20 minutes.



4 FINISH FILLING

Stir **tomato paste** and **diced tomato** into pan with **beef mixture** until thoroughly combined. 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.

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2 COOK COUSCOUS & PREP

Meanwhile, melt **1 TBSP butter** (2 TBSP for 4 servings) in a small 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** (1½ cups for 4). Bring to a boil, then cover and reduce to a low simmer. Cook until couscous is tender, 6-8 minutes. Keep covered off heat. While couscous cooks, halve, peel, and dice **onion**. Finely dice **tomato**.



5 STUFF BELL PEPPERS

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



3 START FILLING

Heat a drizzle of **oil** in a large, preferably ovenproof, 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. **TIP:** If there's excess grease in your pan, carefully pour it out.



6 FINISH & SERVE

Bake **stuffed peppers** on middle rack until cheese has melted, 3-4 minutes. Divide remaining **filling** between plates. Top with stuffed peppers and serve.

GO NUTS

To add some crunch to your filling, stir in chopped toasted nuts (we love walnuts and pine nuts).

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