



VEGGIE QUINOA-STUFFED PEPPERS

with Sun-Dried Tomatoes and Zucchini

VEGGIE



HELLO QUINOA

This popular seed is nutty in flavour and a breeze to make

TIME: 30 MIN



White Quinoa



Sweet Bell Pepper



Shallot



Garlic



Sun-Dried Tomatoes



Zucchini



Parsley



Bocconcini Cheese



Herbes de Provence



Vegetable Broth Concentrate



Balsamic Vinegar



Spring Mix

BUST OUT

- Baking Sheet
- Garlic Press
- Measuring Cups
- Large Non-Stick Pan
- Small Pot
- Whisk
- Small Bowl
- Salt and Pepper
- Measuring Spoons
- Olive or Canola Oil
- Sugar (1 tsp | 2 tsp)

INGREDIENTS

2-person | 4-person

- White Quinoa ½ cup | 1 cup
- Sweet Bell Pepper 380 g | 760 g
- Shallot 50 g | 100 g
- Garlic 6 g | 12 g
- Sun-Dried Tomatoes 20 g | 40 g
- Zucchini 200 g | 400 g
- Parsley 7 g | 14 g
- Bocconcini Cheese 2 100 g | 200 g
- Herbes de Provence 9 ½ tbsp | 1 tbsp
- Vegetable Broth Concentrate 1 | 2
- Balsamic Vinegar 9 1 tbsp | 2 tbsp
- Spring Mix 56 g | 113 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Preheat the broiler to **high** (to broil peppers). Start prepping when the oven comes up to temperature! Depending on the size of your peppers, you may have extra filling leftover. Serve on the side or toss in a salad the next day!



1 COOK QUINOA
Wash and dry all produce.* In a small pot, add **1 ¼ cups water** (dbl for 4 ppl) and **broth concentrate(s)**. Cover and bring to a boil over high heat. Meanwhile, finely chop **sun-dried tomatoes**. To **boiling water**, add **quinoa**, **sun-dried tomatoes** and **½ tbsp Herbes de Provence** (dbl for 4 ppl). Reduce heat to medium-low. Cover and cook, until **quinoa** is tender and **liquid** is absorbed, 15-18 min.



4 COOK VEGGIES
Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **zucchini**. Cook, stirring occasionally, until tender, 3 min. Reduce the heat to medium. Add **shallots** and **garlic**. Cook, stirring occasionally, until **shallot** softens, 3-4 min.



2 BROIL PEPPERS
Meanwhile, cut **bell peppers** into halves, then remove the **inside cores** and **seeds** to make bowl shapes (keep the stems on). On a baking sheet, place **peppers** cut-side down and coat **each pepper half** with **½ tsp oil**. Season with **salt** and **pepper**. Broil in **middle** of oven, until tender-crisp, 8-10 min.



5 ASSEMBLE PEPPERS
When **quinoa** is tender, to the pan with **zucchini**, add **quinoa mixture**, **bocconcini** and **half the parsley**. Cook, stirring often, until **liquid** is absorbed, 1-2 min. Season with **salt** and **pepper**. Divide **zucchini mixture** between **pepper halves**. In a small bowl, whisk together **1 tbsp vinegar** (dbl for 4 ppl), **1 tsp sugar** (dbl for 4 ppl), and **2 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**.



3 PREP
Meanwhile, peel, then mince or grate **garlic**. Cut **zucchini** into ½-inch pieces. Cut **bocconcini** into ¼-inch pieces. Peel, then cut **shallot** into ¼-inch pieces. Finely chop **parsley**.



6 FINISH AND SERVE
Divide **spring mix** between plates and drizzle over some **dressing**. Serve **stuffed peppers** alongside and sprinkle over **remaining parsley**.

STAND OUT!

Herbes de Provence is the secret to amazing flavour in this recipe.

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