



# GOLDEN GRAIN-STUFFED PEPPERS

with Sun-Dried Tomatoes and Zucchini



## HELLO

### GOLDEN GRAINS

Couscous, tricolor orzo, split chickpeas, and quinoa make for a colorful mix

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 730



Red Bell Pepper



Veggie Stock Concentrate



Shallot



Sun-Dried Tomatoes



Parsley



Herbs de Provence



Yellow Bell Pepper



Golden Grain Blend  
(Contains: Wheat)



Garlic



Zucchini



Fresh Mozzarella  
(Contains: Milk)



## START STRONG

If you love a bit of gooey melted cheese on top, set aside some of the mozzarella and sprinkle it on top of the peppers after stuffing.

## BUST OUT

- Baking sheet
- Small pot
- Large pan
- Large bowl
- Olive oil (1 TBSP | 2 TBSP)

## INGREDIENTS

Ingredient 2-person | 4-person

- |                            |                     |
|----------------------------|---------------------|
| • Red Bell Pepper          | 1   2               |
| • Yellow Bell Pepper       | 1   2               |
| • Veggie Stock Concentrate | 1   2               |
| • Golden Grain Blend       | 1 Cup   2 Cups      |
| • Shallot                  | 1   2               |
| • Garlic                   | 2 Cloves   4 Cloves |
| • Sun-Dried Tomatoes       | 1½ oz   3 oz        |
| • Zucchini                 | 1   2               |
| • Fresh Mozzarella         | 4 oz   8 oz         |
| • Parsley                  | ¼ oz   ¼ oz         |
| • Herbs de Provence        | 1 TBSP   2 TBSP     |

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## 1 PREHEAT OVEN AND ROAST PEPPERS

**Wash and dry all produce.** Preheat oven to 400 degrees. Halve **red and yellow bell peppers** lengthwise. Remove core, seeds, and white ribs. Rub with a drizzle of **olive oil**. Season with **salt and pepper**. Place on a baking sheet cut-side down. Roast in oven until soft, about 20 minutes.



## 4 COOK AROMATICS

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **shallot** and **sun-dried tomatoes**. Cook, tossing, until shallots are softened, 3-4 minutes. Add **garlic** and cook until fragrant, about 1 minute. Season with **salt and pepper**. Transfer mixture to a large bowl.



## 2 COOK GRAINS

Meanwhile, bring **1½ cups water** and **stock concentrate** to boil in a small pot. Once boiling, add **golden grain blend**. Lower heat and reduce to a simmer. Cover and cook until tender, 10-12 minutes. Remove from heat and keep covered.



## 5 MAKE STUFFING

Increase heat to high and heat another drizzle of **olive oil** in same pan. Add **zucchini**. Season with **salt, pepper, and herbs de Provence**. Cook, tossing, until soft and lightly charred, 5-7 minutes. Add to bowl with **sun-dried tomato mixture**. Toss to combine. Fluff **golden grain blend** with a fork, then add to bowl along with **mozzarella** and toss. Season with **salt and pepper**.



## 3 PREP

Halve, peel, and dice **shallot**. Mince or grate **garlic**. Finely chop **sun-dried tomatoes**. Chop **zucchini** into ½-inch pieces. Cut **mozzarella** into small cubes. Finely chop **parsley**.



## 6 FINISH AND PLATE

Flip **bell peppers** over and fill with as much **stuffing** as will fit. Return sheet to oven and bake until **mozzarella** melts, 3-5 minutes. Stir **parsley** into remaining stuffing, then divide mixture between plates. Top with stuffed pepper halves.

## STAND OUT!

Herbs de Provence is the secret to amazing flavor in this recipe.