



TUNISIAN STUFFED PEPPERS

with Chickpeas, Apricots, and Feta Cheese



HELLO

TUNISIAN SPICE BLEND

Nine different spices add an enchanting, aromatic flavor to this dish.

PREP: 10 MIN | **TOTAL: 40 MIN** | **CALORIES: 890**



Bell Peppers*



Dried Apricots



Jasmine Rice



Feta Cheese
(Contains: Milk)



Scallions



Tunisian Spice Blend



Chickpeas



Sour Cream
(Contains: Milk)

*Your bell peppers may be orange, yellow, or red. No matter what the color, they will still be delicious!

START STRONG

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

BUST OUT

- Small bowl
- Large pan
- Small pot
- Kosher salt
- Baking sheet
- Black pepper
- Strainer
- Paper towels
- Olive oil (6 tsp | 10 tsp)
- Butter (2 TBSP | 3 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Bell Peppers 2 | 4
- Scallions 2 | 4
- Dried Apricots 1 oz | 2 oz
- Sour Cream 4 TBSP | 8 TBSP
- Tunisian Spice Blend 1 TBSP | 2 TBSP
- Jasmine Rice ½ Cup | 1 Cup
- Chickpeas 13.4 oz | 26.8 oz
- Feta Cheese ½ Cup | 1 Cup

WINE CLUB

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1 PREP AND MAKE CREMA

Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry all produce.** Halve **bell peppers** lengthwise; remove stem and core. Trim and thinly slice **scallions**, separating whites from greens. Roughly chop **apricots**. In a small bowl, combine **sour cream**, **¼ tsp Tunisian Spice** (½ tsp for 4 servings), and **salt**. Stir in **water**, 1 tsp at a time, until mixture reaches a drizzling consistency.



4 START FILLING

Meanwhile, drain and rinse **chickpeas**, then pat as dry as possible with paper towels. Heat a large drizzle of **olive oil** in a large, preferably nonstick, pan over medium-high heat. Add **chickpeas**, **scallion whites**, remaining **Tunisian Spice**, and a large pinch of **salt**. Cook, stirring occasionally, until chickpeas begin to brown, 3-4 minutes. (**TIP:** It's natural for chickpeas to pop a bit.) Turn off heat.

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2 COOK RICE

In a small pot, combine **rice**, **apricots**, **¾ cup water** (1½ cups for 4 servings), half the remaining **Tunisian Spice** (you'll use the rest later), and a large pinch of **salt**. Bring to a boil over medium-high heat, then cover and reduce heat to low. Simmer until tender, 15-18 minutes. Turn off heat; keep covered until ready to serve.



5 FINISH FILLING AND STUFF PEPPERS

Fluff **rice** with a fork. Stir into pan with **chickpeas** along with **¾ of the feta** and **2 TBSP butter** (3 TBSP for 4 servings). Season generously with **salt**. Stuff each **bell pepper half** with as much filling as will fit. Return baking sheet to oven and roast until peppers are tender, 5-7 minutes. Cover pan with remaining filling to keep warm.



3 ROAST PEPPERS

While rice cooks, place **bell pepper halves** on a baking sheet and drizzle each with **olive oil**; rub to coat. Season generously with **salt** and **pepper**, then arrange cut sides up. Roast on middle rack until slightly softened, 15-17 minutes (we'll stuff them then). Remove from oven to cool slightly.



6 SERVE

Divide remaining **filling** between plates; top with **stuffed peppers**. Drizzle with **spiced crema** and sprinkle with **scallion greens** and remaining **feta**.

GO NUTS

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

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