



ITALIAN BEEF STUFFED PEPPERS

with Israeli Couscous & Mozzarella

INGREDIENTS

4 PERSON | 8 PERSON



4 | 8
Bell Peppers*



1 | 2
Onion



20 oz | 40 oz
Ground Beef**



2 TBSP | 4 TBSP
Italian Seasoning



3 | 6
Chicken Stock Concentrates



3 Cloves | 6 Cloves
Garlic



¼ oz | ½ oz
Parsley



13.76 oz | 27.52 oz
Crushed Tomatoes



5 oz | 10 oz
Israeli Couscous
Contains: Wheat



½ Cup | 1 Cup
Mozzarella Cheese
Contains: Milk

2X

This recipe delivers **double our usual number of servings** to feed the entire family! Flip over to learn what to do with any extra helpings.



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.

**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.

HELLO

STUFFED PEPPERS

Hearty beef and pearl couscous (plus cheese!)
is peak comfort food.



**FAMILY
DINNER**

Bring the gang together
over a wholesome meal
everyone will love.

PREP: 15 MIN | COOK: 40 MIN | CALORIES: 760



HELLO FRESH

2X FLAVOR SAVOR

To enjoy this dish again the next day (or the day after), let stuffed peppers cool completely, then refrigerate in an airtight container. Reheat in the microwave until warmed through, 2-3 minutes.

BUST OUT

- Baking sheet
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (10 tsp | 18 tsp)
- Sugar (½ tsp | 1 tsp)
- Slotted spoon
- Large bowl



1 START PREP

- Adjust rack to top position (**top and middle positions for 8 servings**) and preheat oven to 425 degrees.
- **Wash and dry produce.**
- Halve **bell peppers** lengthwise; remove stems and seeds. Halve, peel, and dice **onion** into ¼-inch pieces.



2 ROAST PEPPERS

- Place **bell pepper halves** on a baking sheet (**divide between two baking sheets for 8 servings**) and drizzle each half with **oil**; rub to coat. Season with **salt** and **pepper**.
- Arrange cut sides down on sheet. Roast on top rack (**top and middle racks for 8**) until tender, 10-15 minutes.



3 COOK BEEF & FINISH PREP

- Meanwhile, heat a **drizzle of oil** in a large pan over medium-high heat. Add **beef***, **onion**, **half the Italian Seasoning (you'll use the rest in the next step)**, **one packet of stock concentrate (two packets for 8 servings)**, **salt**, and **pepper**. (For 8, cook in batches or use a second large pan.)
- Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. Turn off heat. Using a slotted spoon, transfer **beef mixture** to a large bowl. (TIP: If there's excess grease in your pan, carefully pour it out.) Wipe out pan.
- While beef cooks, peel and mince or grate **garlic**. Roughly chop **parsley**.



4 MAKE SAUCE & COOK COUSCOUS

- Heat a **drizzle of oil** in same pan over medium-high heat. Add **garlic** and cook, stirring, until fragrant, 30-60 seconds.
- Stir in **crushed tomatoes**, **remaining Italian Seasoning**, **remaining stock concentrates**, **half the parsley**, ⅔ cup water (1 cup for 8 servings), ½ tsp sugar (1 tsp for 8), **salt**, and **pepper**.
- Bring to a simmer, stirring occasionally. Once simmering, add **couscous**, cover, and reduce heat to low. Cook, stirring occasionally, until couscous is tender, 6-8 minutes



5 MIX FILLING

- Transfer **cooked couscous mixture** to bowl with **beef mixture**. Add **half the remaining parsley** and stir until thoroughly combined.
- Taste and season with **salt** and **pepper** if desired.



6 STUFF & BROIL PEPPERS

- Once **bell pepper halves** are done roasting, remove sheet from oven. Heat broiler to high.
- Carefully transfer bell pepper halves to a work surface. Flip and stuff each half with **beef and couscous mixture**. Sprinkle with **mozzarella**.
- Return **stuffed peppers** to baking sheet (**careful—baking sheet will still be hot!**) and broil until cheese is melted and bubbly, 1-2 minutes. TIP: Keep a close eye on the peppers since the cheese can burn quickly!



7 SERVE

- Divide **stuffed peppers** between plates. Sprinkle with **remaining parsley** and serve.

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