

INGREDIENTS

2 PERSON | 4 PERSON



Green Bell **Peppers**



1 Clove | 2 Cloves Garlic



2.5 oz | 5 oz Israeli Couscous Contains: Wheat



4 TBSP | 8 TBSP Vegan Mayonnaise





Black Beans

1 2

Lemon

10 oz | 20 oz

Sauce

Red Enchilada



¼ oz | ½ oz Cilantro



Veggie Stock Concentrate



1/2 Cup | 1 Cup Breadcrumbs Contains: Wheat



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

**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.



HelloCustom

If you chose to modify your meal, follow the **HelloCustom** instructions on the flip side of this card.



10 oz | 20 oz 6 Chopped Chicken Breast





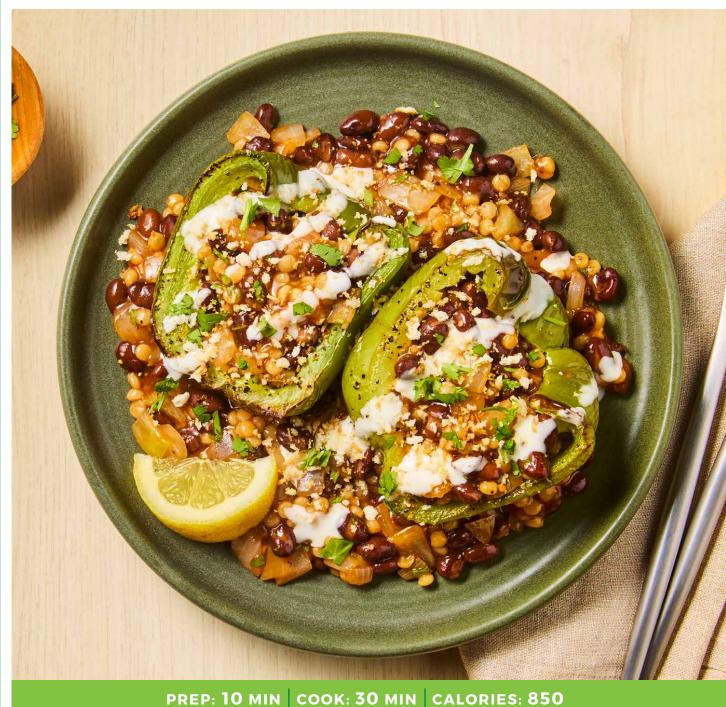


10 oz | 20 oz Ground Beef**

Calories: 1220

VEGAN SOUTHWEST BLACK BEAN STUFFED PEPPERS

with Toasted Panko, Couscous, Lemon Drizzle & Cilantro





BUST OUT

- · Baking sheet
- Strainer
- Large pan
- Small pot
- 2 Small bowls
- Kosher salt
- Black pepper
- Cooking oil (7 tsp | 11 tsp) (1 tsp | 1 tsp) 😉 😉

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh com



1 ROAST PEPPERS

- Adjust rack to top position and preheat oven to 425 degrees. Wash and dry produce.
- Halve bell peppers lengthwise; remove ribs and seeds. Place on a baking sheet and drizzle each half with oil; rub all over to coat. Season with salt and pepper, then arrange cut sides down.
- · Roast on top rack until browned and softened. 15-18 minutes.



2 TOAST PANKO

- While peppers roast, heat a large drizzle of oil in a large pan over medium-high heat. Add **panko** and cook. stirring, until golden brown, 3-5 minutes.
- Turn off heat: transfer to a small bowl. Season with salt and pepper. Wipe out pan.



3 PREP

- Meanwhile, halve, peel, and dice onion into ½-inch pieces. Drain and rinse beans. Peel and mince or grate garlic. Roughly chop cilantro. Quarter lemon.
- Pat chicken* dry with paper towels. Heat a **drizzle of oil** in pan used for panko over medium-high heat. Add chicken or beef*; season with salt and **pepper**. Cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



4 COOK COUSCOUS

- In a small pot, combine couscous, stock concentrate, and 3/4 cup water (11/2 cups for 4 servings). Bring to a boil over medium-high heat. Once boiling, cover and reduce to a low simmer. Cook until couscous is tender, 6-8 minutes, Drain any excess water if necessary.
- · Keep covered off heat until ready to use in Step 5.



5 COOK FILLING

- Heat a **drizzle of oil** in pan used for panko over medium-high heat. Add onion and beans. Season with salt and pepper. Cook, stirring occasionally, until onion is softened, 3-5 minutes.
- Add garlic and cook, stirring, until fragrant. 30-60 seconds.
- Stir in enchilada sauce cooked couscous, and half the cilantro. Cook. stirring occasionally, until filling has slightly thickened, 2-3 minutes. Remove from heat.
- Use pan used for chicken or beef here. Once filling has thickened, stir in chicken or beef.



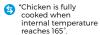
6 MIX LEMON DRIZZLE

- · While filling cooks, in a second small bowl, combine mayonnaise and juice from one lemon wedge (two wedges for 4 servings).
- Stir in water 1 tsp at a time until mixture reaches a drizzling consistency. Taste and season with salt and pepper if desired.



7 ASSEMBLE & SERVE

- Once bell peppers are done roasting, remove sheet from oven. Carefully stuff halves with half the filling.
- Divide remaining filling between plates. Top with **stuffed peppers** and spoon lemon drizzle over top; sprinkle with toasted panko and remaining cilantro. Serve with remaining lemon wedges on the side.



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

