



VEGAN SOUTHWEST BLACK BEAN STUFFED PEPPERS

with Toasted Panko, Couscous, Lemon Drizzle & Cilantro

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Green Bell Peppers



1 | 2
Onion



1 | 2
Black Beans



1 Clove | 2 Cloves
Garlic



¼ oz | ½ oz
Cilantro



1 | 2
Lemon



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



1 | 2
Veggie Stock Concentrate



10 oz | 20 oz
Red Enchilada Sauce



4 TBSP | 8 TBSP
Vegan Mayonnaise



½ Cup | 1 Cup
Panko 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
Chopped Chicken Breast

Calories: 1040



10 oz | 20 oz
Ground Beef**

Calories: 1220



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 850



BUST OUT

- Baking sheet
 - Large pan
 - 2 Small bowls
 - Strainer
 - Small pot
-
- 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 **¾ cup water** (1½ 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.

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🇺🇸 *Chicken is fully cooked when internal temperature reaches 165°.

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