



SPICY CHEESY CAULI-STUFFED BELL PEPPERS

with Tex-Mex Spices, Zesty Rice & Lime Crema

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4

Green Bell Peppers



½ Cup | 1 Cup

White Rice



1 | 2

Onion



1 | 2

Lime



12 oz | 24 oz

Cauliflower Rice



1 TBSP | 2 TBSP

Fajita Spice Blend



1 | 2

Tex-Mex Paste



3 TBSP | 6 TBSP

Sour Cream
Contains: Milk



1 Cup | 2 Cups

Mexican Cheese Blend
Contains: Milk



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HELLO

TEX-MEX PASTE

A savory, spicy, and slightly sweet MVP
flavor base



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 700



FLUFF STUFF

Fluffing rice before serving is essential! A fork helps to gently separate each grain for light and tender results.

BUST OUT

- Baking sheet
- Large pan
- Small pot
- Small bowl
- Zester
- Kosher salt
- Black pepper
- Cooking oil (**5 tsp** | **9 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.

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1 START PREP & 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 bell peppers 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.



4 COOK FILLING & MIX CREMA

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **cauliflower rice (draining first)** and **onion**; season with **Fajita Spice Blend, salt, and pepper**. Cook, stirring occasionally, until onion and cauliflower are softened, 6-8 minutes.
- Stir in **Tex-Mex paste** and **¼ cup water (½ cup for 4 servings)**. Cook, stirring, until combined, 30-60 seconds. Remove from heat.
- Meanwhile, in a small bowl, combine **sour cream, half the lime zest, and juice from one lime wedge (two wedges for 4)**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



2 COOK RICE

- Meanwhile, in a small pot, combine **rice, ¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to use in Step 6.



5 STUFF PEPPERS

- Once **bell peppers** are done, remove sheet from oven.
- Carefully flip and stuff with **filling**; sprinkle evenly with **Mexican cheese blend**.
- Return to top rack and bake until cheese melts, 3-5 minutes.



3 FINISH PREP

- Halve, peel, and finely dice **onion**. Zest and quarter **lime**.



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **remaining lime zest** and **juice from two lime wedges (four wedges for 4 servings)**.
- Divide rice between plates and top with **stuffed peppers**. Drizzle **lime crema** over stuffed peppers. Serve with any remaining lime wedges on the side.