



# 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  
OR GIVE US A CALL AT (646) 846-3663.

\*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: 1070



10 oz | 20 oz  
Ground Beef\*\*

Calories: 1250



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 870



## BUST OUT

- Baking sheet
- Large pan
- 2 Small bowls
- Strainer
- Small pot
- Paper towels <sup>Ⓢ</sup>

- Kosher salt
- Black pepper
- Cooking oil (7 tsp | 11 tsp)  
(1 tsp | 1 tsp) <sup>Ⓢ</sup> <sup>Ⓢ</sup>

## 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**.
- <sup>Ⓢ</sup> Pat **chicken\*** dry with paper towels.
- <sup>Ⓢ</sup> 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.

- <sup>Ⓢ</sup> Use pan used for chicken or beef
- <sup>Ⓢ</sup> 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.

<sup>Ⓢ</sup> \*Chicken is fully cooked when internal temperature reaches 165°.

<sup>Ⓢ</sup> \*Ground Beef is fully cooked when internal temperature reaches 160°.