



VEGAN BEANS 'N' GREENS-STUFFED PEPPERS

with Couscous & Creamy Hummus

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Bell Peppers*



2 | 4
Scallions



4 oz | 8 oz
Kale



1 | 2
Cannellini Beans



1 | 1
Lemon



1 | 2
Tomato



1 TBSP | 1 TBSP
Italian Seasoning



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



2 | 4
Veggie Stock
Concentrates



4 TBSP | 8 TBSP
Hummus
Contains: Sesame



1 tsp | 2 tsp
Garlic Powder



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.

*The ingredient you received may be a different color.



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: 850



10 oz | 20 oz
Ground Turkey

Calories: 930



PREP: 15 MIN | COOK: 35 MIN | CALORIES: 670



HELLO

KALE

The steam + sauté method here helps tenderize fibrous kale.

HOT TAKE

Take care when working with your hot-from-the-oven peppers. We recommend using tongs to hold them while stuffing.

BUST OUT

- Strainer
- Small bowl
- Baking sheet
- Large pan
- Small pot
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
(1 tsp | 1 tsp) 🍴 🍴
- Olive oil (4 tsp | 7 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.

HOW WAS YOUR MEAL?



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1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Halve **bell peppers** lengthwise; remove stems and seeds. Trim and thinly slice **scallions**, separating whites from greens. Remove and discard any large stems from **kale**; chop into bite-size pieces. Quarter **lemon**. Drain and rinse **beans**. Dice **tomato** into ½-inch pieces.



4 MAKE HUMMUS SAUCE

- While couscous cooks, in a small bowl, combine **hummus**, **1 TBSP olive oil** (2 TBSP for 4 servings), and **¼ tsp garlic powder** (½ tsp for 4). (You'll use the rest of the garlic powder in the next step.) Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.

- 🍴 Open package of **chicken*** and drain off any excess liquid. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **turkey*** in a single layer; 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.



2 ROAST PEPPERS

- Place **pepper halves** on a baking sheet and rub all over with a **drizzle of oil**. Season with **salt** and **pepper**, then arrange cut sides down.
- Roast on top rack until browned and softened, 15-18 minutes.



5 MAKE FILLING

- Heat a **drizzle of oil** in a large pan over medium heat. Add **kale**, **remaining garlic powder**, **1 tsp Italian Seasoning** (2 tsp for 4 servings), **juice from one lemon wedge** (two wedges for 4), a **splash of water**, **salt**, and **pepper**. Cook, stirring and adding more **splashes of water** as needed, until kale is tender and water has evaporated, 5-7 minutes.
- Stir in **beans**, **tomato**, **couscous**, **remaining stock concentrate**, and a **drizzle of olive oil**; cook, stirring, until warmed through, 1-2 minutes. Remove pan from heat; taste and season with **salt** and **pepper**.

- 🍴 Use pan used for chicken or turkey here.
- 🍴 Stir **chicken** or **turkey** into **filling** along with **beans**.



3 COOK COUSCOUS

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **scallion whites**, **½ tsp Italian Seasoning** (1 tsp for 4 servings), and a **big pinch of salt**. (You'll use more Italian Seasoning later.) Cook, stirring, until fragrant, 2-3 minutes.
- Add **couscous**, **half the stock concentrates**, and **¾ cup water** (1½ cups for 4). Bring to a boil, then cover and reduce heat to low. Cook until tender, 6-8 minutes.
- Keep covered off heat until ready to use in Step 5.



6 STUFF & SERVE

- Once **peppers** are done roasting, remove sheet from oven. Carefully stuff with **half the filling**.
- Divide remaining filling between plates; top with **stuffed peppers**. Drizzle with **creamy hummus** and sprinkle with **scallion greens**. Serve with any **remaining lemon wedges** on the side.

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

🍴 *Ground Turkey is fully cooked when internal temperature reaches 165°.