



# SOUTHWEST STUFFED GREEN PEPPERS

with Quinoa & Corn

## INGREDIENTS

2 PERSON | 4 PERSON



2 | 4  
Long Green Peppers



1 | 2  
Tomato



2 | 4  
Scallions



1 | 2  
Lime



1 | 2  
Veggie Stock Concentrate



½ Cup | 1 Cup  
Quinoa



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



1 | 2  
Corn



1 TBSP | 2 TBSP  
Southwest Spice Blend



½ Cup | 1 Cup  
Pepper Jack Cheese  
Contains: Milk



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  
Ground Beef\*\*

Calories: 870



10 oz | 20 oz  
Organic Ground Beef\*\*

Calories: 870



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 550



HELLO





## QUINOA

This nutty, protein-packed seed is also naturally gluten free.

### HOT STUFF!

Be careful when handling the peppers in Step 5. We recommend using tongs to hold the hot-from-the-oven peppers in place while stuffing them.


### BUST OUT

- Zester
- Strainer
- Small pot
- Paper towels
- Baking sheet
- Large pan
- Small bowl
- Medium pan  
- Kosher salt
- Black pepper
- Cooking oil (3 tsp | 5 tsp) (1 tsp | 1 tsp)  

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



### 1 PREP

- Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry produce.**
- Halve **green peppers** lengthwise; remove ribs and seeds. Zest and quarter **lime** (for 4 servings, zest one lime and quarter both). Dice **tomato**. Trim and thinly slice **scallions**, separating whites from greens.



### 4 MAKE FILLING

- Drain **corn** and pat dry with paper towels.
- Heat a **drizzle of oil** in a large, preferably ovenproof, pan over high heat. Add corn and cook, stirring occasionally, until lightly charred, 4-6 minutes. **TIP: If corn begins to pop, cover pan.**
- Reduce heat to medium; add **tomato, scallion whites**, and **Southwest Spice Blend**. Cook, stirring occasionally, until tomato breaks down, 2-3 minutes. Season with **salt and pepper**. Turn off heat.





### 2 COOK QUINOA

- In a small pot, combine **1 cup water** (2 cups for 4 servings), **stock concentrate**, and a **big pinch of salt**. Bring to a boil, then add **quinoa**; cover, and reduce to a low simmer. Cook until quinoa is tender and water has evaporated, 15-20 minutes. **(TIP: Drain any excess water, if necessary.)** Keep covered off heat until ready to serve.





### 5 STUFF PEPPERS

- Stir cooked **quinoa** into pan with **veggies**; season with **salt and pepper**.
- Once **green pepper halves** are done, stuff each half with as much **filling** as will fit. Nestle stuffed peppers into pan with remaining filling. **(TIP: If your pan isn't ovenproof, transfer remaining filling and stuffed peppers to a small baking dish.)** Sprinkle evenly with **pepper jack**.
- Heat broiler to high or oven to 500 degrees.  Stir cooked **beef** or **organic beef** into pan along with **quinoa**; cook through the rest of this step as instructed. 



### 3 ROAST PEPPERS & MAKE CREMA

- While quinoa cooks, rub **green pepper halves** with **2 tsp oil** (4 tsp for 4 servings); season with **salt and pepper**. Place cut sides down on a baking sheet.
- Roast on middle rack until tender, 18-20 minutes.
- Meanwhile, in a small bowl, combine **sour cream**, **half the lime zest** (all for 4), and a **squeeze of lime juice**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt and pepper**.
-  Heat a **drizzle of oil** in a medium pan over medium-high heat. Add **beef\*** or **organic beef\*** and cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. 



### 6 FINISH & SERVE

- Transfer pan with **stuffed green peppers** to middle rack; broil or bake until **cheese** is melted and lightly browned, 2-3 minutes.
- Remove from oven; top with **lime crema** and **scallion greens**.
- Divide between plates. Serve with **remaining lime wedges** on the side.