



JUN
2016

Summer Succotash Stuffed Peppers

with Quinoa, Feta, and Basil

Succotash is a staple of Southern cuisine, and for good reason: it celebrates the variety of the region's delicious bounty. Corn, peas, and tomatoes are a match made in heaven, and we can think of no better way to enjoy them than in these stuffed peppers.



Prep: 10 min
Total: 35 min



level 1



veggie



nut free



gluten free



Peas



Corn
on the Cob



Roma Tomato



Red Bell
Pepper



Yellow Bell
Pepper



Scallions



Basil



Feta



Quinoa



Vegetable Stock
Concentrate

Ingredients	2 People	4 People
Peas	4 oz	8 oz
Corn on the Cob	1 Ear	2 Ears
Roma Tomato	1	2
Red Bell Pepper	1	2
Yellow Bell Pepper	1	2
Scallions	2	4
Basil	½ oz	1 oz
Feta	1) ¼ Cup	½ Cup
Quinoa	½ Cup	1 Cup
Vegetable Stock Concentrate	1	2
Butter *	1) 2 T	4 T
Olive Oil*	2 t	4 t

*Not Included

Allergens

1) Milk

Tools

Small pot, Baking sheet, Large pan

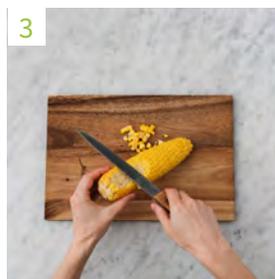
Ruler

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Nutrition per person Calories: 513 cal | Fat: 24 g | Sat. Fat: 11 g | Protein: 16 g | Carbs: 64 g | Sugar: 13 g | Sodium: 370 mg | Fiber: 11 g

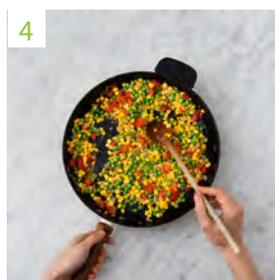


1 Roast the peppers: Wash and dry all produce. Preheat the oven to 425 degrees. In a small pot, bring **1 ½ cups water** and the **stock concentrate** to a boil. Halve, core, and seed the **bell peppers**, then remove the white ribs. Place them on a baking sheet and drizzle with **olive oil**. Season with **salt** and **pepper**, then place in the oven to roast for 20-25 minutes, until softened and slightly caramelized.



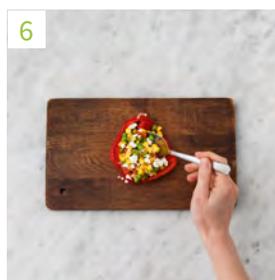
2 Cook the quinoa: Meanwhile, add the **quinoa** to the boiling pot, cover, and simmer for 15-20 minutes, until tender.

3 Prep the remaining ingredients: While the **quinoa** and **peppers** cook, cut the **corn kernels** off the cob. Core, seed, and dice the **tomato**. Thinly slice the **scallions**. Finely chop the **basil leaves**.



4 Make the succotash: Heat **2 Tablespoons butter** in a large pan over medium heat. Add the **corn, peas, diced tomatoes**, and **half the scallions** to the pan. Cook, tossing for 5-6 minutes until the tomatoes soften and the corn is blistered. Stir in **half the basil**. Season with **salt** and **pepper**.

5 Finish the quinoa: Stir the remaining **basil** into the **quinoa** along with the remaining **scallions** and a drizzle of **olive oil**. Season with **salt** and **pepper**.



6 Stuff the peppers: When the **peppers** are done, stuff them with the **corn summer succotash**. Serve on a bed of **quinoa**, sprinkled with **feta**, and enjoy!

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