

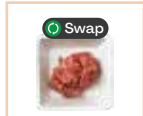


# Carb Smart Beef-Stuffed Peppers

with Couscous and Side Salad

Smart Meal

30 Minutes



Ground Turkey  
250 g | 500 g

Customized Protein **+** Add **↻** Swap or **\*2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



- Ground Beef  
250 g | 500 g
- Sweet Bell Pepper  
1 | 2
- Green Bell Pepper  
1 | 2
- Feta Cheese, crumbled  
½ cup | 1 cup
- Couscous  
½ cup | 1 cup
- Baby Spinach  
56 g | 113 g
- Tomato  
1 | 2
- Parsley  
7 g | 14 g
- Red Wine Vinegar  
½ tbsp | 1 tbsp
- Turkish Spice Blend  
1 tbsp | 2 tbsp
- Yogurt Sauce  
3 tbsp | 6 tbsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, pepper

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring cups, measuring spoons, medium pot

1



### Prep and assemble salad

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

- Halve **peppers**, then remove the inside cores and seeds to make bowl shapes (keep the stems on).
- Roughly chop **parsley**.
- Core, then cut **tomato** into ½-inch pieces.
- Add **half the tomatoes, half the vinegar** (use all for 4 ppl) and **1 tbsp** (2 tbsp) **oil** to a large bowl. (**TIP:** We love using olive oil in this recipe.) Season with **salt** and **pepper**, then toss to combine.
- Place **half the spinach** over top. Do not toss until just before serving.

4



### Cook beef

Swap | Ground Turkey

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **beef** to the dry pan. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Carefully drain and discard excess fat.
- Stir in **Turkish Spice Blend, remaining tomatoes** and **remaining spinach** until **spinach** wilts, 1 min.
- Remove from heat.

\*\* Cook to a minimum internal temperature of 74°C/165°F.

2



### Broil peppers

- Place **peppers** cut-side down on an unlined baking sheet.
- Coat the outside of **each pepper half** with ½ **tsp oil**. Season with **salt** and **pepper**.
- Broil in the **middle** of the oven until tender-crisp, 8-10 min.
- Carefully remove from the oven. Flip **peppers**, cut-side up and set aside.

5



### Stuff and broil peppers

- Add **couscous, parsley, half the feta, 2 tsp** (¼ cup) **water** and **1 tbsp** (2 tbsp) **oil** to pan with with **beef mixture**. Season with **salt** and **pepper** to taste.
- Stuff **each pepper** with **beef** and **couscous mixture**. Reserve **any leftover filling** to serve.
- Broil **stuffed peppers** in the **middle** of the oven until **filling** is warmed through, 4-6 min.

3



### Cook couscous

- Meanwhile, add ¾ **cup** (1 ⅓ cups) **water** and ⅛ **tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove from heat, then add **couscous**. Stir to combine.
- Cover and let stand for 5 min.
- When **couscous** is tender, fluff with a fork.

6



### Finish and serve

- Let **stuffed peppers** cool for 5 min before serving.
- Meanwhile, toss **salad** to combine.
- Divide **stuffed peppers** and **salad** between plates.
- Serve **any remaining beef and couscous filling** alongside.
- Sprinkle **remaining feta** over **salad**.
- Drizzle **yogurt sauce** over **stuffed peppers**.

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

4 | Cook turkey

Swap | Ground Turkey

If you've opted to get **turkey**, add ½ **tbsp** (1 **tbsp**) **oil** to the pan, then add **turkey**. Cook **turkey** in the same way the recipe instructs you to cook the **beef**.\*\*