



BULGUR-STUFFED PEPPERS

with Fresh Mozzarella and Sweet Onion Salad

VEGGIE



HELLO BULGUR

A dried cracked wheat common in European and Middle Eastern cuisines

PREP: 30 MIN | TOTAL: 35 MIN | CALORIES: 747



Red Bell Peppers



Garlic



Sun-Dried Tomatoes



Fresh Mozzarella



Tomato Paste



Vegetable Broth Concentrate



Bulgur Wheat



Ground Coriander



Pine Nuts



Red Onion, sliced



Balsamic Vinegar



Panko Breadcrumbs



Arugula

BUST OUT

- 2 Medium Pans
- Whisk
- Measuring Cups
- Salt and Pepper
- Baking Sheet
- Olive or Canola oil
- Medium Bowl

INGREDIENTS

2-person

- Red Bell Peppers 460g
- Garlic 1 pkg (10 g)
- Sun-Dried Tomatoes 1 pkg (28 g)
- Fresh Mozzarella 2 1 pkg (125 g)
- Tomato Paste 1 pkg (2 tbsp)
- Vegetable Broth Concentrate 1
- Bulgur Wheat 1 1 pkg (113 g)
- Ground Coriander 1 pkg (1 ½ tsp)
- Pine Nuts 5 1 pkg (28 g)
- Red Onion, sliced 1 pkg (113 g)
- Balsamic Vinegar 9 1 bottle (2 tbsp)
- Panko Breadcrumbs 1 1 pkg (28 g)
- Arugula 1 pkg (56 g)

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

START STRONG

Preheat the broiler to **high** (to broil the peppers). Start prepping when the oven comes up to temperature!



1 PREP Wash and dry all produce. Cut the **peppers** in half, then remove the core inside to make a bowl shape (keep the stalk on). Mince or grate the **garlic**. Finely chop the **sun-dried tomatoes**. Cut the **mozzarella** into ¼-inch pieces.



4 COOK ONIONS Meanwhile, heat a medium pan over medium heat. Add the **pine nuts** to the dry pan. Cook, stirring often, until golden-brown and toasted, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Set aside on a plate. Add a drizzle of **oil** to the pan, then the **onions**. Cook, stirring occasionally, until softened, 4-5 min. Add ½ **bottle vinegar**. Cook until slightly sticky, 3-4 min.



2 COOK BULGUR Heat a medium pan over medium heat. Add a drizzle of **oil**, then the **garlic** and **sun-dried tomatoes**. Stir for 1 min. Add the **tomato paste**, **broth concentrate**, **bulgur** and **1 cup water**. Bring to a boil, then remove from heat. Cover with a lid and set aside until all the water has been absorbed, 16-18 min.



5 STUFF PEPPERS Meanwhile, divide the **bulgur mixture** and **half the mozzarella** between the **roasted pepper halves**. Sprinkle over with the **panko**. Return to the oven and broil until the **panko** is toasted and golden-brown, 1-2 min. (**TIP:** Keep your eye on them so the panko doesn't burn!)



3 ROAST VEGGIES Meanwhile, toss the **pepper halves** on a baking sheet with a drizzle of **oil**. Sprinkle with **coriander**, **salt** and **pepper**. Broil in the centre of the oven, flipping halfway through cooking, until slightly tender and golden-brown, 8-10 min.



6 FINISH AND SERVE In a medium bowl, whisk **remaining balsamic** with a drizzle of **oil**. Season with **salt** and **pepper**. Add the **arugula**, **remaining mozzarella** and **balsamic onions**. Divide the salad between plates and sprinkle with **pine nuts**. Serve alongside the **stuffed peppers**.

SUCCESS!

Fully loaded stuffed peppers packed with nature's bounty.