



Cheesy Middle Eastern Stuffed Capsicum

with Cannellini Beans, Couscous & Garlic Yoghurt

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Capsicum



Garlic



Lemon



Carrot



Cannellini Beans



Greek-Style Yoghurt



Chermoula Spice Blend



Tinned Tomatoes



Shredded Cheddar Cheese



Vegetable Stock Powder



Couscous



Salad Leaves

Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!



Shredded Cheddar Cheese

Prep in: 30-40 mins
Ready in: 40-50 mins

Calorie Smart*
**Custom Recipe is not Calorie Smart*

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

If you're as crazy about capsicums as we are then gather around and try out the latest capsicum creation - they're stuffed full of saucy cannellini beans and sprinkled in Cheddar cheese to add a melted gooey layer on top. We're these stuffed capsicum's number one fans!

Pantry items

Olive Oil, Brown Sugar, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan ·

Medium saucepan with lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	2	4
garlic	3 cloves	6 cloves
lemon	½	1
carrot	1	2
cannellini beans	1 tin	2 tins
Greek-style yoghurt	1 medium packet	1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
tinned tomatoes	1 packet	2 packets
water* (for the veggies)	¼ cup	½ cup
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
water* (for the couscous)	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 packet	1 packet
salad leaves	1 small bag	1 medium bag
shredded Cheddar cheese**	1 packet (40g)	1 packet (80g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2663kJ (636Cal)	501kJ (120Cal)
Protein (g)	26.8g	5g
Fat, total (g)	22g	4.1g
- saturated (g)	11.9g	2.2g
Carbohydrate (g)	77.5g	14.6g
- sugars (g)	18.4g	3.5g
Sodium (mg)	1412mg	265mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3021kJ (722Cal)	547kJ (131Cal)
Protein (g)	31.4g	5.7g
Fat, total (g)	29.5g	5.3g
- saturated (g)	16.4g	3g
Carbohydrate (g)	77.5g	14g
- sugars (g)	18.4g	3.3g
Sodium (mg)	1550mg	281mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW52



1



Roast the capsicum

- Preheat oven to **240°C/220°C fan-forced**.
- Slice **capsicum** in half lengthways, then remove stem and seeds.
- Place **capsicum** on a lined oven tray. Brush **capsicum** with **olive oil** and season with **salt** and **pepper**. Arrange cut-side up and roast until tender, **20-25 minutes**.

4



Bake the capsicums

- Remove tray from oven, then spoon **bean filling** into **capsicum**. Sprinkle over **shredded Cheddar cheese** and bake until cheese is golden, **5-7 minutes**.

Custom Recipe: If you've doubled your shredded Cheddar cheese, follow the step as above.

2



Get prepped

- Meanwhile, finely chop **garlic**. Zest **lemon** to get a pinch and slice into wedges. Grate the **carrot**. Drain and rinse **cannellini beans**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook half the **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and **lemon zest**. Season to taste.

5



Make the couscous

- Meanwhile, heat a medium saucepan over medium-high heat with a drizzle of **olive oil** and the remaining **garlic**. Cook until fragrant, **1 minute**.
- Add the **water (for the couscous)** and **vegetable stock powder** and bring to the boil.
- Add **couscous** and stir to combine, cover with a lid and remove from heat.
- Set aside until the water has absorbed, **5 minutes**. Fluff up with fork. Stir through **salad leaves**, until wilted. Add a squeeze of **lemon juice** and season to taste.

3



Make the filling

- When capsicum has **5 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **cannellini beans** and **carrot** until tender, **2-3 minutes**.
- Add **chermoula spice blend** and **tinned tomatoes**, and cook until fragrant, **1-2 minutes**.
- Stir in the **water (for the veggies)**, **brown sugar** and **butter**. Simmer until slightly thickened, **1-2 minutes**. Season with **salt** and **pepper**.

6



Serve up

- Divide couscous and cheesy Middle Eastern stuffed capsicums between bowls.
- Top with garlic yoghurt. Serve with any remaining lemon wedges. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate