



Middle Eastern Chickpea-Stuffed Capsicum

with Leafy Couscous & Garlic Yoghurt

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Capsicum



Garlic



Lemon



Carrot



Chickpeas



Greek-Style Yoghurt



Chermoula Spice Blend



Tomato Paste



Shredded Cheddar Cheese



Vegetable Stock Powder



Couscous



Baby Leaves

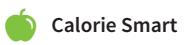


Beef Mince



Shredded Cheddar Cheese

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



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 hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Medium saucepan with lid · Large frying pan

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
chickpeas	1 tin	2 tins
Greek-style yoghurt	1 medium packet	1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
tomato paste	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 medium packet	1 large packet
water* (for the couscous)	¾ cup	1 ½ cup
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1976kJ (568cal)	568kJ (163cal)
Protein (g)	15.2g	4.4g
Fat, total (g)	22.3g	6.4g
- saturated (g)	11.2g	3.2g
Carbohydrate (g)	50.5g	14.5g
- sugars (g)	10.5g	3g
Sodium (mg)	1124mg	323mg
Dietary Fibre (g)	6.8g	2g

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

2025 | CW02



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 **chickpea filling** into **capsicum**.
- Sprinkle over **shredded Cheddar cheese** and bake until cheese is golden, **5-7 minutes**.

2



Get prepped

- Meanwhile, finely chop **garlic**. Zest **lemon** to get a pinch and slice into wedges. Grate **carrot**. Drain and rinse **chickpeas**.
- 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 water has absorbed, **5 minutes**. Fluff up with fork.
- Stir through **baby leaves** until wilted. Add a squeeze of **lemon juice** and season to taste.

3



Make the filling

- When capsicum has **5 minutes** remaining, return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chickpeas** and **carrot** until tender, **2-3 minutes**.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! Add **chermoula spice blend** and **tomato paste**, 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



Finish & serve

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

CUSTOM OPTIONS



ADD BEEF MINCE

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.



DOUBLE CHEDDAR CHEESE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

