



Cheesy Middle Eastern Stuffed Capsicum

with Chickpeas, Leafy Couscous & Garlic Yoghurt

Grab your Meal Kit with this symbol



Capsicum



Garlic



Lemon



Carrot



Chickpeas



Greek-Style Yoghurt



Chermoula Spice Blend



Tomato Paste



Shredded Cheddar Cheese



Vegetable Stock Powder



Couscous



Baby Leaves



Chicken Breast Strips

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



Calorie Smart[^]
[^]Custom Recipe is not Calorie Smart



Eat Me Early*
*Custom Recipe only

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!

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

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 a 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
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 filling)	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	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
chicken breast strips**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2671kJ (638Cal)	690kJ (165Cal)
Protein (g)	24.2g	6.3g
Fat, total (g)	26.9g	6.9g
- saturated (g)	12.9g	3.3g
Carbohydrate (g)	71.5g	18.5g
- sugars (g)	12.4g	3.2g
Sodium (mg)	1409mg	364mg
Dietary Fibre (g)	16.8g	4.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3419kJ (817Cal)	625kJ (149Cal)
Protein (g)	56.7g	10.4g
Fat, total (g)	32.2g	5.9g
- saturated (g)	14.5g	2.7g
Carbohydrate (g)	72.3g	13.2g
- sugars (g)	13.2g	2.4g
Sodium (mg)	1491mg	273mg
Dietary fibre	16.8g	3.1g

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.

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.

Custom Recipe: If you've added chicken breast strips, cut into 2cm chunks. Return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a bowl.

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 filling)**, **brown sugar** and **butter**. Simmer until slightly thickened, **1-2 minutes**. Season with **salt** and **pepper**.

Custom Recipe: Return the chicken to the pan along with the water, brown sugar and butter.

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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