



Lemony Beef Stuffed Capsicums

with Spinach Couscous, Fetta & Hummus

MEDITERRANEAN WINTER

Grab your Meal Kit with this symbol



Capsicum



Carrot



Couscous



Vegetable Stock Powder



Beef Mince



Tomato Paste



Lemon Pepper Seasoning



Baby Spinach Leaves



Fetta Cubes



Hummus



Diced Bacon

Prep in: 25-35 mins
Ready in: 30-40 mins

Calorie Smart*
**Custom recipe is not Calorie Smart*

We heard your calls and have brought the infamous stuffed capsicums back! This time, we've added lemony seasoned beef and garnished them with crumbly fetta. All that's left to do is dip them into hummus and you've got yourself a meal for the ages.

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

Pantry items

Olive Oil, Brown Sugar

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	2	4
carrot	1	2
couscous	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
beef mince	1 small packet	2 small packets OR 1 large packet
tomato paste	1 packet	1 packet
lemon pepper seasoning	1 medium sachet	2 medium sachets
water* (for the beef)	¼ cup	½ cup
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
fetta cubes	1 medium packet	1 large packet
hummus	1 medium packet	1 large packet
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2610kJ (624Cal)	481kJ (115Cal)
Protein (g)	42.2g	7.8g
Fat, total (g)	23.2g	4.3g
- saturated (g)	8g	1.5g
Carbohydrate (g)	59.1g	10.9g
- sugars (g)	21.1g	3.9g
Sodium (mg)	1342mg	247mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2998kJ (717Cal)	510kJ (122Cal)
Protein (g)	49.1g	8.4g
Fat, total (g)	30g	5.1g
- saturated (g)	10.5g	1.8g
Carbohydrate (g)	59.9g	10.2g
- sugars (g)	21.6g	3.7g
Sodium (mg)	1772mg	301mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/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



1



Roast the capsicum

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

4



Cook the beef

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot** and **beef mince**, breaking **mince** up with a spoon, until just browned, **3-4 minutes**.
- Add **tomato paste** and **lemon pepper seasoning** and cook until fragrant, **1-2 minutes**.
- Stir in the **water (for the beef)**, the **brown sugar** and remaining **vegetable stock powder**, until slightly thickened, **1-2 minutes**.

TIP: For best results, drain the oil from the pan before cooking the tomato paste.

Custom Recipe: If you've added diced bacon, cook with carrot and beef mince. Continue with step, as above.

2



Get prepped

- Meanwhile, boil the kettle.
- Grate **carrot**.

5



Bring it all together

- Once couscous is cooked, add a drizzle of **olive oil** and stir through **baby spinach leaves** until combined.
- Once capsicums are roasted, spoon in **beef filling**.

3



Make the couscous

- When capsicums have **10 minutes** remaining, in a medium heatproof bowl, place **couscous** and half the **vegetable stock powder**.
- Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine. Immediately cover with plate and leave for **5 minutes**.
- Fluff up with a fork and set aside.

6



Serve up

- Divide spinach couscous and lemon pepper beef stuffed capsicums between bowls.
- Crumble over **fetta cubes** and top with a dollop of **hummus** to serve. Enjoy!

Rate your recipe

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