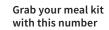


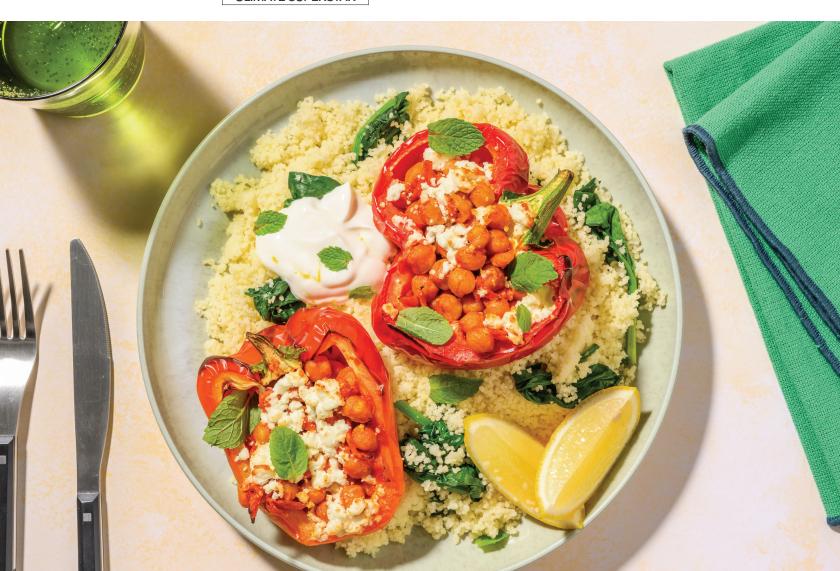
Middle Eastern Chickpea Stuffed Capsicums

with Spinach Couscous & Lemon Yoghurt

CLIMATE SUPERSTAR























Tomato Paste

Chermoula Spice Blend

Vegetable Stock



Fetta Cubes





Baby Spinach





Pantry items Olive Oil, Brown Sugar, Butter

Prep in: 25-35 mins Ready in: 40-50 mins



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 \cdot Large frying pan \cdot Medium saucepan with a lid

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	2	4
garlic	3 cloves	6 cloves
lemon	1/2	1
carrot	1	2
chickpeas	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
water* (for the veggies)	1/4 cup	½ cup
brown sugar*	1 tsp	2 tsp
butter*	40g	80g
vegetable stock pot	½ packet	1 packet
fetta cubes	1 large packet	2 large packets
water* (for the couscous)	³⁄₄ cup	1½ cups
couscous	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
mint	½ packet	1 packet
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*Pantry Items Nutrition

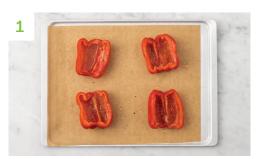
Per 100g Avg Qty Per Serving 505kJ (120Cal) Energy (kJ) 2764kJ (660Cal) 24g 4.5g Protein (g) Fat, total (g) 29.3g 5g 2.8g - saturated (g) 16.4g Carbohydrate (g) 79.3g 13.5g - sugars (g) 22.7g 3.9g 2056mg Sodium (mg) 349mg Dietary Fibre (g) 18.1g 3.1g

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.



Roast the capsicums

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



Get prepped

- Meanwhile, finely chop garlic.
- Zest lemon to get a pinch and slice into wedges.
- Grate carrot.
- Drain and rinse chickpeas.
- In a medium bowl, combine Greek-style yoghurt, lemon zest and a squeeze of lemon juice. Season to taste with salt and pepper.



Make the filling

- When capsicums have 5 minutes remaining, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook carrot, tossing, until tender, 2-3 minutes.
- Add chickpeas, chermoula spice blend, tomato paste and half the garlic and cook until fragrant,
 1-2 minutes.
- Stir in the water (for the veggies), brown sugar, half the butter and vegetable stock pot (see ingredients), until slightly thickened,
 1-2 minutes.



Bake the capsicums

 Remove tray from oven and spoon filling into capsicum. Sprinkle over fetta cubes and continue baking, for a further 5-7 minutes.



Make the couscous

- Meanwhile, in a medium saucepan, heat the remaining butter and garlic over medium-high heat
- Cook until fragrant, 1 minute. Add the water (for the couscous) 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 baby spinach leaves until wilted. Season to taste.



Serve up

- Divide spinach couscous and Middle Eastern chickpea stuffed capsicums between bowls.
- Top with lemon yoghurt and tear over mint (see ingredients).
- Serve with any remaining lemon wedges. Enjoy!





OPTIONS

ADD BEEF MINCE

Before cooking sauce, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes.
Continue with recipe.



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

