



Middle Eastern Chickpea Stuffed Capsicums

with Spinach Couscous & Lemon Yoghurt

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Capsicum



Garlic



Lemon



Carrot



Chickpeas



Greek-Style Yoghurt



Chermoula Spice Blend



Tomato Paste



Vegetable Stock Pot



Fetta Cubes



Couscous



Baby Spinach Leaves



Mint



Beef Mince



Greek-Style Yoghurt

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



Brimming with spiced chickpeas and served with our favourite grain (couscous), these tomatoey, Middle-Eastern stuffed capsicums are comfort in a bowl! Here, we've turned the flavours right up, especially when you add the lemon yoghurt and mint!

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 · 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 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)	¼ 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)	¾ cup	1½ cups
couscous	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
mint	½ packet	1 packet

*Pantry Items

Nutrition

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

We're here to help!

Scan here if you have any questions or concerns

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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**.



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**.



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 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.



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**.



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!

CUSTOM OPTIONS



ADD BEEF MINCE

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



DOUBLE GREEK-STYLE YOGHURT

Follow method above.

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

