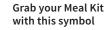


Lemony Beef Stuffed Capsicums with Spinach Couscous, Fetta & Hummus

MEDITERRANEAN WINTER











Couscous







Beef Mince



Tomato Paste



Lemon Pepper Seasoning



Fetta Cubes







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.



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 \cdot Large frying pan

Ingredients

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	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)	1/4 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)	
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^{*}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

2023 | CW31

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





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.



Get prepped

- Meanwhile, boil the kettle.
- Grate carrot.



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.



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.



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.



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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