



Mexican Black Bean Stuffed Capsicums

with Jalapeno Couscous, Zingy Tomato & Sour Cream

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Capsicum



Tomato



Garlic



Carrot



Black Beans



Tex-Mex Spice Blend



Couscous



Tomato Paste



Pickled Jalapeños (Optional)



Vegetable Stock Pot



Shredded Cheddar Cheese



Light Sour Cream



Plant-Based Bacon Bits

Prep in: 20-30 mins
Ready in: 35-45 mins

We heard your calls and have now dished up a new variation of our much-loved stuffed capsicums! In this version, pack Tex-mex spiced black beans into the capsicums and top with Cheddar cheese to get the juiciest crunch of a lifetime and finish it off with a jalapeno couscous and a zingy tomato toss to get all of your tastebuds singing.

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

Pantry items

Olive Oil, White Wine Vinegar, Brown Sugar, Butter

Before you start

Remember to wash your hands for 20 seconds.

You'll also need to give your veggies a wash.

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
tomato	1	2
pickled jalapeños <small>(optional)</small>	½ packet	1 packet
garlic	2 cloves	4 cloves
carrot	1	2
black beans	1 tin	2 tins
white wine vinegar*	drizzle	drizzle
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
water* <small>(for the veggies)</small>	¼ cup	½ cup
brown sugar*	1 tsp	2 tsp
butter*	40g	80g
vegetable stock pot	1 packet (20g)	2 packets (40g)
shredded Cheddar cheese	1 medium packet	1 large packet
water* <small>(for the couscous)</small>	¾ cups	1½ cups
couscous	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
plant-based bacon bits**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3473kJ (830Cal)	470kJ (112Cal)
Protein (g)	31.8g	4.3g
Fat, total (g)	33.9g	4.6g
- saturated (g)	19.5g	2.6g
Carbohydrate (g)	89.3g	12.1g
- sugars (g)	29.5g	4g
Sodium (mg)	1965mg	266mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3844kJ (919Cal)	491kJ (117Cal)
Protein (g)	44.2g	5.6g
Fat, total (g)	37.1g	4.7g
- saturated (g)	19.8g	2.5g
Carbohydrate (g)	91.5g	11.7g
- sugars (g)	29.8g	3.8g
Sodium (mg)	2429mg	310mg

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



Roast the capsicums

- Preheat oven to **240°C/220°C fan-forced**.
- Slice **capsicums** in half lengthways and remove stems 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**.



Finish the capsicum

- Remove tray from oven and spoon **filling** into capsicum.
- Sprinkle over **shredded Cheddar cheese** and bake until cheese is golden, **5-7 minutes**.



Get prepped

- Meanwhile, roughly chop **tomato** and **pickled jalapeños** (if using).
- Finely chop **garlic**. Grate **carrot**.
- Drain and rinse **black beans**.
- In a medium bowl, combine **tomato** and a drizzle of **white wine vinegar** and **olive oil**. Season.



Make the couscous

- In a medium saucepan, combine the **water (for the couscous)** and remaining **vegetable stock pot**.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with fork.
- **SPICY!** The pickled jalapeños are hot, use less if you're sensitive to heat. Stir through **pickled jalapeños** and remaining **butter**.



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**, stirring, until tender, **2-3 minutes**.
- Add **black beans**, **Tex-Mex spice blend**, **tomato paste** and **garlic** and cook, stirring, until fragrant, **1-2 minutes**.
- Stir in the **water (for the veggies)**, **brown sugar**, **1/2 the butter** and **1/2 the vegetable stock pot** and cook until slightly thickened, **1-2 minutes**.

Custom Recipe: If you've added plant-based bacon bits, cook plant-based bacon bits with the carrot, tossing, until browned, 3-4 minutes. Continue as above.



Serve up

- Divide jalapeno couscous and cheesy Mexican stuffed capsicums between plates.
- Top with zingy tomato and **light sour cream** to serve. Enjoy!

Rate your recipe

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