



# Falafel Stuffed Peppers

with Couscous

Veggie

30 Minutes



Falafel



Sweet Bell Pepper



Couscous



Parsley



Hummus



Mayonnaise



Roma Tomato



Feta Cheese, block

## HELLO FALAFEL

*A deep-fried ball or patty made from ground chickpeas, herbs and spices!*

## Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, silicone brush, aluminum foil, medium pot, large bowl, small bowl, measuring cups

## Ingredients

	2 Person	4 Person
Falafel	8	16
Sweet Bell Pepper	320 g	640 g
Couscous	½ cup	1 cup
Parsley	7 g	14 g
Hummus	57 g	114 g
Mayonnaise	4 tbsp	8 tbsp
Roma Tomato	80 g	160 g
Feta Cheese, block	100 g	200 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		

Salt and Pepper\*

\* Pantry items

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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## Cook couscous

Add **¾ cup water** and **1 tbsp butter** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Once boiling, remove pot from heat, then add the **couscous**. Stir together. Cover and let stand for 5 min.



## Broil peppers

While **couscous** cooks, cut **peppers** in half lengthwise, then remove the cores and seeds to make bowl shapes (keep the stems on). Arrange **peppers** cut-side down on a foil-lined baking sheet. Brush **each pepper half** with **½ tsp oil**, then season with **salt** and **pepper**. Broil in the **middle** of the oven, until slightly tender, 8-10 min.



## Start filling

While **peppers** broil, cut **tomato** into ¼-inch pieces. Roughly chop the **parsley**. Using your hands, crumble the **falafel** and **half the feta** in a large bowl. Add **tomatoes**, **half the parsley** and **1 tbsp oil** (dbl for 4 ppl) to the **falafel mixture**. Toss to combine.



## Stuff peppers

Flip the **peppers** cut-side up. Divide **falafel mixture** between **each pepper half**, then crumble **remaining feta** evenly over top. Return the **stuffed peppers** to the **middle** of the oven and broil until the **cheese** has melted, 5-6 min.



## Mix hummus sauce

Stir together **hummus** and **mayo** in a small bowl.



Finish and serve  
Fluff **couscous** with a fork and stir in **remaining parsley**. Season with **salt**. Divide **couscous** between plates. Top with **stuffed peppers**. Dollop **hummus sauce** over top.

## Dinner Solved!