



Falafel Stuffed Peppers

with Couscous

Veggie

30 Minutes



Falafel



Green Bell Pepper



Couscous



Parsley



Hummus



Mayonnaise



Roma Tomato



Feta Cheese, block



Vegetable Broth Concentrate

HELLO FALAFEL

A Middle Eastern fritter made with chickpeas, herbs and spices!

Start here

- Before starting, preheat the 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
Green Bell Pepper	400 g	600 g
Couscous	½ cup	1 cup
Parsley	7 g	7 g
Hummus	4 tbsp	8 tbsp
Mayonnaise	4 tbsp	8 tbsp
Roma Tomato	80 g	160 g
Feta Cheese, block	100 g	200 g
Vegetable Broth Concentrate	2	4
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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

Contact

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Cook couscous

- Add **¾ cup water**, **1 tbsp butter**, **¼ tsp salt** (dbl all for 4 ppl) and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine. Cover and let stand for 5 min.



Stuff peppers

- Carefully remove **peppers** from the oven, then flip **peppers** cut-side up.
- Divide **falafel mixture** between **pepper halves**, then crumble **remaining feta** over top.
- Return **stuffed peppers** to the **middle** of the oven and broil until **feta** melts, 5-6 min.



Broil peppers

- Meanwhile, cut **peppers** in half lengthwise, then remove cores and seeds to make bowl shapes (keep the stems on).
- Arrange **peppers** on a foil-lined baking sheet, cut-side down.
- 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.



Make hummus sauce

- Meanwhile, stir together **hummus**, **mayo** and **1 tbsp water** (dbl for 4 ppl) in a small bowl. Season with **salt** and **pepper**.



Make filling

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



Finish and serve

- Fluff **couscous** with a fork. Stir in **remaining parsley**. Season with **salt** and **pepper**, to taste.
- Divide **couscous** between plates. Top with **stuffed peppers**.
- Drizzle **hummus sauce** over top.

Dinner Solved!