



HALLOUMI-STUFFED PEPPERS

with Quinoa and Herb Dressing

VEGGIE



HELLO HALLOUMI

A briny cheese that has a high melting point and can be grilled or pan-fried

PREP: 5 MIN | TOTAL: 35 MIN | CALORIES: 708



Halloumi Cheese



Red Bell Pepper



Yellow Bell Pepper



White Quinoa



White Wine Vinegar



Garlic



Cilantro



Mediterranean Spice Blend



Parsley



Vegetable Broth Concentrate

BUST OUT

- Baking Sheet
- Medium Bowl
- Box Grater
- Small Bowl
- Garlic Press
- Small Pot
- Measuring Cups
- Sugar (½ tsp | 1 tsp)
- Measuring Spoons
- Salt and Pepper
- Paper Towel
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Halloumi Cheese 2 200 g | 400 g
- Red Bell Pepper 190 g | 380 g
- Yellow Bell Pepper 190 g | 380 g
- White Quinoa ½ cup | 1 cup
- White Wine Vinegar 9 1 tbsp | 2 tbsp
- Garlic 10 g | 20 g
- Cilantro 10 g | 20 g
- Mediterranean Spice Blend 2 tsp | 4 tsp
- Parsley 10 g | 20 g
- Vegetable Broth Concentrate 1 | 2

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG



Preheat the broiler to **high** (to broil the peppers).



1 PREP Wash and dry all produce.* In a small pot, add **1 ½ cup water** (dbl for 4 ppl) and **broth concentrate(s)**. Cover and bring to a boil over high heat. Meanwhile, cut the **peppers** in half, then remove the core inside to make a bowl shape (keep the stalk on).



4 STUFF PEPPERS Meanwhile, rinse the **halloumi** and pat dry with paper towels. Using a box grater, grate the **halloumi** into a medium bowl. Add **half the garlic**. Season with **pepper**. Toss to combine. Stuff each **pepper half** with the **halloumi**. Return the **peppers** to the oven and broil until the **halloumi** has melted, 5-6 min.



2 ROAST PEPPERS On a baking sheet, toss the **pepper halves** with **1 tsp oil** (dbl for 4 ppl) and **half the Mediterranean spice blend**. Season with **salt** and **pepper**. Arrange the halves, cut-side down. Broil in the middle of the oven, until slightly tender and golden-brown, 8-10 min.



5 MAKE SAUCE In a small bowl, combine the **parsley**, **cilantro**, **remaining garlic**, **1 tbsp vinegar** (dbl for 4 ppl), **2 tbsp oil** (dbl for 4 ppl) and **½ tsp sugar** (dbl for 4 ppl). Season with **salt** and **pepper**. Fluff the **quinoa** with a fork, then stir in **half the herb sauce**.



3 COOK QUINOA Meanwhile, add the **quinoa** and **remaining Mediterranean spice blend** to the small pot of **boiling water**. Reduce the heat to medium-low. Cook, still covered, until the **quinoa** is tender and all the **liquid** has been absorbed, 15-18 min. Meanwhile, mince or grate the **garlic**. Finely chop the **parsley**. Finely chop the **cilantro**.



6 FINISH AND SERVE Divide the **quinoa** between plates. Top with a **stuffed pepper** of each colour. Drizzle the **remaining herb sauce** over the **halloumi-stuffed peppers**.

HOORAY

This meal is both hearty and delicious.