



# Speedy Beef-Stuffed Peppers

with Savoury Rice and Side Salad

30 Minutes



Ground Beef



Long Grain Rice



Sweet Bell Pepper



Grape Tomatoes



Shallot



Baby Spinach



Pastrami  
Spice Blend



Vegetable Broth  
Concentrate



Mozzarella Cheese,  
shredded



White Wine Vinegar

HELLO SWEET PEPPERS

*A sweet pepper is just a green pepper that has been left on the vine to ripen.*

## Start here

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

## Bust Out

Baking sheet, measuring spoons, medium pot, large bowl, measuring cups, whisk, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Long Grain Rice	¾ cup	1 ½ cup
Sweet Bell Pepper	320 g	680 g
Grape Tomatoes	113 g	227 g
Shallot	50 g	100 g
Baby Spinach	56 g	113 g
Pastrami Spice Blend	1 tbsp	2 tbsp
Vegetable Broth Concentrate	1	2
Mozzarella Cheese, shredded	¼ cup	½ cup
White Wine Vinegar	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
Oil*		

Salt and Pepper\*

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F.

## 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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## Prep

Add **1 ¼ cups water** (dbl for 4 ppl) and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat. Cut **peppers** in half lengthwise, then remove the inside cores and seeds to make bowl shapes (keep the stems on). Halve **tomatoes**. Peel, then finely chop **shallot**. Whisk together **vinegar**, **½ tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) in a large bowl.



## Cook beef

While **peppers** broil, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **beef, shallots** and **Pastrami Spice Blend**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. \*\* Remove pan from heat.



## Cook rice

Add **rice** to the pot of **boiling broth**. Reduce heat to low, cover and cook until **rice** is tender and **liquid** is absorbed, 15-18 min.



## Stuff peppers

When **rice** is done, fluff **rice** with a fork. Season with **salt**. Add **½ cup cooked rice** (dbl for 4 ppl) to the pan with **beef mixture** and stir to combine. Season with **pepper**. Flip the **pepper halves** so they are cut-side up, then stuff with **beef and rice mixture**. Sprinkle **cheese** over the **stuffed peppers**, then broil in the **middle** of the oven, until **cheese** melts, 2-3 min. (**NOTE:** Keep an eye on the peppers so they don't burn!).



## Broil peppers

While rice cooks, place **peppers** cut-side down on a baking sheet. Coat the outside of **each pepper half** with **½ tsp oil**. Season with **salt** and **pepper**. Broil in the **middle** of the oven, until tender-crisp, 8-10 min.



## Finish and serve

Add **spinach** and **tomatoes** to the large bowl with **dressing**. Toss to combine. Season with **salt** and **pepper**. Divide **stuffed peppers**, **remaining rice** and **salad** between plates.

## Dinner Solved!