



STUFFED RED PEPPERS

with Moroccan-Spiced Pork and Herby Quinoa



HELLO

MOROCCAN SPICE

A blend of cumin, ginger and other warm spices

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 931



Ground Pork



Vegetable Broth Concentrate



Red Bell Peppers



Garlic



Parsley



Quinoa



Onion, chopped



Moroccan Spice Blend



Tomato Passata



Sour Cream

BUST OUT

- Small Pot
- Measuring Cups
- Large Pan
- Baking Sheet
- Salt
- Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

• Ground Pork	1 pkg (250 g)	2 pkg (500 g)
• Vegetable Broth Concentrate	2	4
• Red Bell Peppers	460 g	920 g
• Garlic	1 pkg (10 g)	2 pkg (20 g)
• Parsley	1 pkg (10 g)	1 pkg (10 g)
• Quinoa	1 pkg (170 g)	2 pkg (340 g)
• Onion, chopped	1 pkg (56 g)	2 pkg (113 g)
• Moroccan Spice Blend	1 pkg (1 tbsp)	2 pkg (2 tbsp)
• Tomato Passata	1 box	2 box
• Sour Cream 2	1 pkg (3 tbsp)	2 pkg (6 tbsp)

ALLERGENS | ALLERGÈNES

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

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

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

*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, bring **1 pkg broth concentrate** (2 pkg for 4 people) and **1½ cups water** (double for 4 people) to a boil. Cut the **peppers** in half, then remove the core inside to make a bowl shape (keep the stalk on). Mince or grate the **garlic**. Roughly chop the **parsley**.



2 COOK QUINOA

Add the **quinoa** to the boiling water. Reduce heat to medium-low. Cover and cook until the quinoa is tender and all the water has been absorbed, 12-15 min.



3 COOK PORK

Meanwhile, heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **onions**. Cook until softened, 4-5 min. Add the **pork, garlic** and **spice blend**. Cook, breaking up the meat into smaller pieces, until no pink remains, 4-5 min. Add the **passata** and **remaining broth concentrate(s)**. Reduce the heat to medium-low. Simmer 8-10 min.



4 BROIL PEPPERS

Meanwhile, on a parchment-lined baking sheet, toss the **pepper halves** with a drizzle of **oil**. Season with **salt** and **pepper**. Broil in the centre of the oven, turning them over halfway through cooking, until slightly tender and golden-brown, 8-10 min.



5 STUFF PEPPERS

Season the **pork mixture** with **salt** and **pepper**. Fill the **peppers** with the pork mixture. Stir the **parsley** and a drizzle of **oil** into the **quinoa**. Fluff with a fork. Season with **salt** and **pepper**.



6 FINISH AND SERVE

Divide the **quinoa** between plates. Top with the **stuffed red peppers** and dollop with the **sour cream**.

TANTALIZING!

Have you seen a more delicious edible food bowl?