

VEGGIE QUINOA-STUFFED PEPPERS

with Sun-Dried Tomatoes and Zucchini





HELLO -QUINOA

This popular seed is nutty in flavour and a breeze to make

TIME: 30 MIN



White Quinoa Sweet Bell Pepper





Shallot



Garlic



Sun-Dried Tomatoes



Zucchini



Parsley

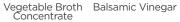


Spring Mix



Herbes de Provence





BUST OUT

- Baking Sheet
- Garlic Press
- Measuring Cups
- Large Non-Stick Pan
- Small Pot
- Whisk
- Small Bowl
- Salt and Pepper
- Measuring Spoons
 Olive or Canola Oil
- Sugar (1 tsp | 2 tsp)

INCDEDIENTS

INGRE	DIENIS -	
	2-person 4-person	n
White Quinoa	½ cup 1 cup	
Sweet Bell Pepper	380 g 760 g	
• Shallot	50 g 100 g	
• Garlic	6 g 12 g	
Sun-Dried Tomatoes	20 g 40 g	
• Zucchini	200 g 400 g	
Parsley	7 g 14 g	
Bocconcini Cheese 2	100 g 200 g	
• Herbes de Provence 9	½ tbsp 1 tbsp	
Vegetable Broth Concentrate	1 2	
• Balsamic Vinegar 9	1 tbsp 2 tbsp	
Spring Mix	56 g 113 g	

ALLERGENS ALLERGÈNES

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

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

- O Fish/Poisson
- 6 Mustard/Moutarde
- 1 Wheat/Blé
- 7 Peanut/Cacahuète
- 2 Milk/Lait
- 8 Sesame/Sésame
- 3 Egg/Oeuf
- 9 Sulphites/Sulfites
- 4 Soy/Soja
- 10 Crustacean/Crustacé
- 5 Tree Nut/Noix
- 11 Shellfish/Fruit de Mer
- *Laver et sécher tous les aliments.

START STRONG

Preheat the broiler to high (to broil peppers). Start prepping when the oven comes up to temperature! Depending on the size of your peppers, you may have extra filling leftover. Serve on the side or toss in a salad the next day!



COOK QUINOA Wash and dry all produce.* In a small pot, add 1 1/4 cups water (dbl for 4 ppl) and **broth concentrate(s)**. Cover and bring to a boil over high heat. Meanwhile, finely chop sun-dried tomatoes. To boiling water, add quinoa, sun-dried tomatoes and ½ tbsp Herbes de Provence (dbl for 4 ppl). Reduce heat to medium-low. Cover and cook, until quinoa is tender and liquid is absorbed, 15-18 min.



COOK VEGGIES Heat a large non-stick pan over medium-high heat. When the pan is hot, add 1 tbsp oil (dbl for 4 ppl), then **zucchini**. Cook, stirring occasionally, until tender, 3 min. Reduce the heat to medium. Add shallots and garlic. Cook, stirring occasionally, until **shallot** softens, 3-4 min.



BROIL PEPPERS Meanwhile, cut bell peppers into halves, then remove the **inside cores** and **seeds** to make bowl shapes (keep the stems on). On a baking sheet, place peppers cut-side down and coat each pepper half with ½ tsp oil. Season with salt and pepper. Broil in middle of oven, until tender-crisp, 8-10 min.



Meanwhile, peel, then mince or grate garlic. Cut zucchini into ½-inch pieces. Cut bocconcini into 1/4-inch pieces. Peel, then cut **shallot** into ¼-inch pieces. Finely chop parsley.



ASSEMBLE PEPPERS When **quinoa** is tender, to the pan with zucchini, add quinoa mixture, bocconcini and half the parsley. Cook, stirring often, until **liquid** is absorbed, 1-2 min. Season with **salt** and **pepper**. Divide zucchini mixture between pepper halves. In a small bowl, whisk together 1 tbsp vinegar (dbl for 4 ppl), 1 tsp sugar (dbl for 4 ppl), and **2 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**.



FINISH AND SERVE Divide spring mix between plates and drizzle over some **dressing**. Serve stuffed peppers alongside and sprinkle over remaining parsley.

STAND OUT!

Herbes de Provence is the secret to amazing flavour in this recipe.