



WINTER SUCCOTASH-STUFFED PEPPERS

with Pearled Barley, Feta and Parsley

VEGGIE



HELLO SUCCOTASH

A Southern dish consisting of sweet corn and shelled beans

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 632



Red Bell Pepper



Onion, chopped



Pearled Barley



Corn-Edamame Blend



Thyme



Parsley



Roma Tomato



Vegetable Broth Concentrate



Feta Cheese, crumbled



Lemon



Dijon Mustard

BUST OUT

- Medium Pot
- Measuring Spoons
- Zester
- Large Non-Stick Pan
- Baking Sheet
- 2 Medium Bowls
- Whisk
- Strainer
- Sugar (½ tsp | 1 tsp)
- Butter 2 (2 tbsp | 4 tbsp)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Red Bell Pepper 460 g | 920 g
- Onion, chopped 56 g | 113 g
- Pearled Barley 1 ½ cup | 1 cup
- Corn-Edamame Blend 4 227 g | 454 g
- Thyme 10 g | 10 g
- Parsley 10 g | 10 g
- Roma Tomato 100 g | 200 g
- Vegetable Broth Concentrate 1 | 2
- Feta Cheese, crumbled 2 28 g | 56 g
- Lemon 1 | 2
- Dijon Mustard 6,9 1½ tsp | 3 tsp

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
- 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

*Laver et sécher tous les aliments.



START STRONG

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



1 COOK BARLEY

In a medium pot, combine the **barley** with enough **salted water** to cover by 2 inches. Bring to a boil over high heat. Reduce the heat to medium-low. Cook, covered, until the barley is tender, 22-24 min.



4 FINISH SUCCOTASH

Reduce the heat to medium. Add a drizzle of **oil** to the same pan, then the **corn** and **edamame**. Do not stir. Cover and cook, stirring halfway through cooking, until the veggies are dark golden-brown, 6 min. Stir in **half the parsley**. Season with **salt** and **pepper**. Add the **tomato mixture** and stir together until warmed through, 1-2 min.



2 PREP

Meanwhile, **wash and dry all produce**.* Cut the **bell peppers** in half, then remove the core inside to make a bowl shape (keep the stem on). Strip **1 tbsp thyme leaves** (double for 4 ppl) from the sprigs. Core, seed, then cut the **tomato(es)** into ¼-inch pieces. Roughly chop the **parsley**. Zest, then cut the **lemon(s)** into wedges.



5 BROIL PEPPERS

Meanwhile, on a baking sheet, coat each **pepper half** with a drizzle of **oil**. Season with **salt** and **pepper**. Broil in the centre of the oven, flipping them over halfway through cooking, until slightly tender, 8-10 min. In another medium bowl, whisk together the **lemon zest**, **mustard**, **remaining thyme**, **remaining parsley** and **½ tsp sugar** (double for 4 ppl) and a drizzle of **oil**.



3 START SUCCOTASH

Heat a large non-stick pan over medium heat. Add **2 tbsp butter** (double for 4 ppl) and the **onions**. Cook until the onions soften, 4-5 min. Add the **tomatoes**, **broth concentrate(s)** and **half the thyme**. Cook, stirring occasionally, until the tomatoes start to soften, 2-3 min. Transfer to a medium bowl. Set aside.



6 FINISH AND SERVE

Drain the **barley**, then stir into the **herb dressing**. Season with **salt** and **pepper**. Divide the **succotash** between the **pepper halves**. Divide the **barley** between plates. Top with the **stuffed peppers**. Sprinkle with **feta**. Squeeze a **lemon wedge** over, if desired.

CHAMPION!

Edamame is a star legume that's rich in protein, antioxidants and fibre!