



Mediterranean Stuffed Peppers

with Israeli Couscous & Herb Oil



30-40min



2 Servings

Stuffed peppers are a bountiful meal that is always sure to impress at the dinner table. For this vegetarian version, we channel the flavors of the Mediterranean, filling roasted bell peppers with Israeli couscous, crisp broccoli, and sweet raisins. A crumble of feta on top before baking adds a briny kick, and a tangy herb oil ties it all together. It's the perfect balance of flavors.

What we send

- 2 bell peppers
- 3 oz Israeli couscous ¹
- 1 shallot
- ½ lb broccoli
- ¼ oz fresh parsley
- 2 (1 oz) golden raisins ¹⁷
- 2 oz feta ⁷

What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar (or white wine vinegar)
- sugar

Tools

- rimmed baking sheet
- small pot
- fine-mesh sieve
- medium skillet

Allergens

Wheat (1), Milk (7), Sulphites (17).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 710kcal, Fat 34g, Carbs 88g,
Protein 16g



1. Broil peppers

Preheat broiler with a rack in the upper third.

Halve **peppers** from top to bottom (to make 4 equal halves), then discard stems and seeds. On a rimmed baking sheet, sprinkle inside of peppers lightly with **salt** and drizzle with **oil**. Broil peppers on upper oven rack until slightly charred and tender, flipping halfway through, 10–15 minutes total (watch closely as broilers vary).



4. Finish couscous filling

Finely chop **parsley leaves and stems**. To bowl with **couscous**, add **cooked onions and broccoli, all of the raisins, and half of the parsley**; stir to combine. Season to taste with **salt** and **pepper**.



2. Cook couscous

Bring a small pot of **salted water** to a boil. Add **couscous** and cook, stirring occasionally, until al dente, about 8 minutes. Drain well, transfer to a medium bowl, and set aside until step 4.



5. Finish peppers

Stuff **peppers** with **couscous filling**, then spoon any remaining filling onto plates. Crumble **feta** over **stuffed peppers**. Broil on upper oven rack until peppers are soft and warmed throughout, about 5 minutes (watch closely).



3. Cook broccoli

Meanwhile, halve and thinly slice **½ cup onion** (save rest for own use). Trim ends from **broccoli**, then finely chop. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **sliced onions** and **chopped broccoli**; season with **salt** and **pepper**. Cook, stirring occasionally, until veggies are softened and charred in spots, about 5 minutes.



6. Make herb oil & serve

Meanwhile, in a small bowl, whisk to combine **3 tablespoons oil, 2 tablespoons vinegar, remaining parsley, and a pinch of sugar**. Season to taste with **salt** and **pepper**. Serve **stuffed peppers** over **couscous filling** on plates and drizzle with **herb oil**. Enjoy!