

DINNERLY



Meaty Mediterranean Stuffed Peppers with Ground Turkey & Rice



30-40min



2 Servings

Are you ready to get seriously stuffed? With these tender roasted peppers full of turkey, tomato sauce, rice, and cheese! Before serving, we stick them under the broiler just until golden, so every bite is equal parts cheesy, and delicious. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 2 green bell peppers
- garlic (use 2 large cloves)
- ¾ oz piece Parmesan ⁷
- 10 oz pkg ground turkey
- Italian seasoning (use 3 tsp)
- 1 can tomato sauce

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil

TOOLS

- small saucepan
- rimmed baking sheet
- microplane or grater
- medium ovenproof skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 620kcal, Fat 21g, Carbs 74g, Protein 39g



1. Cook rice

Preheat broiler with top rack 6 inches from heat source. In a small saucepan, combine **rice, 1¼ cups water**, and **½ teaspoon salt**; bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Remove from heat and keep covered until step 4.



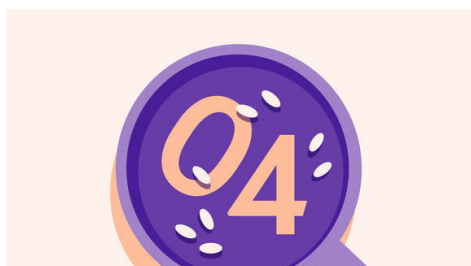
2. Broil peppers

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



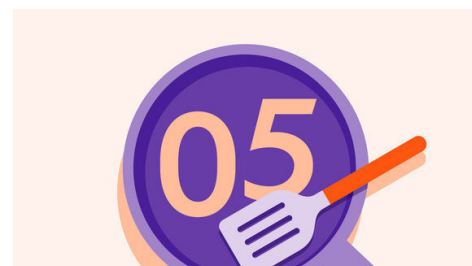
3. Cook turkey filling

Meanwhile, peel and finely chop **2 teaspoons garlic**. Finely grate **Parmesan**. Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **turkey and a pinch each of salt and pepper**. Cook, breaking up meat into larger pieces with a spoon, until golden-brown and cooked through, 3-5 minutes. Stir in chopped garlic and **2 teaspoons of the Italian seasoning**.



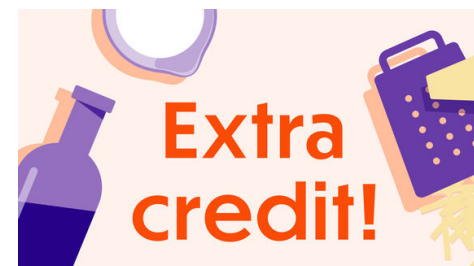
4. Stuff peppers

In a small bowl, stir to combine **tomato sauce, 1 teaspoon of the Italian seasoning**, **¼ cup water**, and **a pinch each of salt and pepper**. Stir **half of the rice** and ¼ cup of the seasoned tomato sauce into **turkey** in skillet. Season to taste with **salt and pepper**. Fill **peppers** with turkey filling directly on baking sheet, then transfer back to same skillet.



5. Broil peppers & serve

Pour **remaining tomato sauce** over **peppers**. Top with **half of the Parmesan**. Broil **peppers** on top oven rack until **sauce** is bubbling and **cheese** is browned in spots, 3-5 minutes (watch closely). Serve **stuffed peppers** with **remaining cheese** sprinkled over top and **remaining rice** alongside. Enjoy!



6. Make it low-carb!

Swap out the jasmine rice for riced cauliflower or even more veggies!