

DINNERLY



Italian Chicken & Rice Stuffed Peppers with Grated Parm



30-40min



2 Servings

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

WHAT WE SEND

- 5 oz jasmine rice
- 2 bell peppers
- ¾ oz piece Parmesan ⁷
- 10 oz pkg ground chicken
- 8 oz can tomato sauce
- ¼ oz Italian seasoning

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- garlic

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

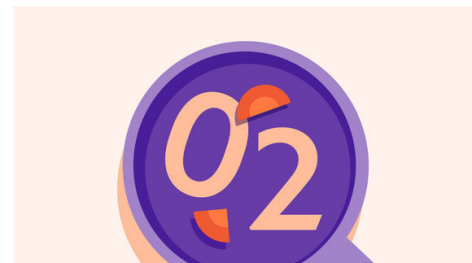
Calories 650kcal, Fat 23g, Carbs 74g, Protein 40g



1. Cook rice

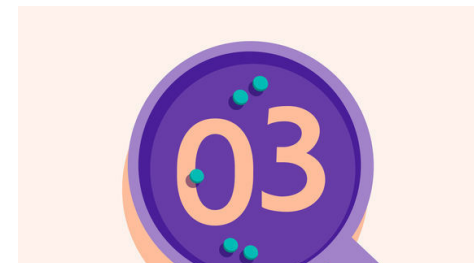
Preheat broiler with a rack in the top position.

In a small saucepan, combine **rice, 1¼ cups water**, and **½ teaspoon salt**; bring to a boil over high heat. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until step 4.



2. Broil peppers

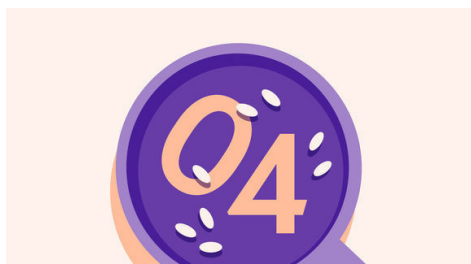
Halve **peppers** from top to bottom to make 4 equal halves; discard stems and seeds. Place on a rimmed baking sheet; lightly sprinkle with **salt** and drizzle with **oil**. Broil on top oven rack until slightly charred and tender, flipping halfway through cooking time, 10–15 minutes (watch closely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



3. Cook chicken filling

While **peppers** broil, finely chop 2 **teaspoons garlic**. Finely grate **Parmesan**.

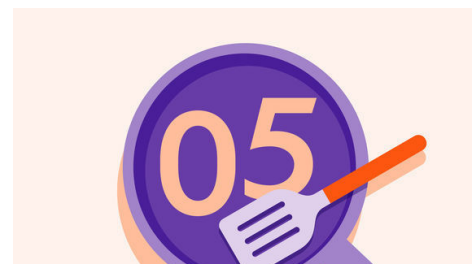
Heat 1 **tablespoon oil** in a medium ovenproof skillet over medium-high. Add **chicken** and a **pinch each of salt and pepper**. Cook, breaking up into smaller pieces, until golden-brown and cooked through, 3–5 minutes. Stir in **chopped garlic** and 2 **teaspoons Italian seasoning**.



4. Stuff peppers

In a small bowl, stir to combine **tomato sauce, 1 teaspoon Italian seasoning, ¼ cup water**, and a **pinch each of salt and pepper**.

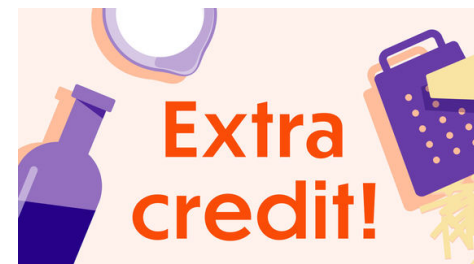
Stir **half of the rice** and **¼ cup of the sauce** into skillet with **chicken**. Season to taste with **salt** and **pepper**. Fill **peppers** with chicken filling directly on baking sheet, then transfer peppers back to same skillet.



5. Broil peppers & serve

Pour **remaining tomato sauce** over **peppers**. Top with **half of the Parmesan**. Broil on top oven rack until sauce is bubbling and cheese is browned in spots, 3–5 minutes (watch closely).

Serve **stuffed peppers** with **remaining Parmesan** sprinkled over top and **remaining rice** alongside. Enjoy!



6. Make it low-carb!

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