

# DINNERLY



## Italian Turkey & Brown Rice Stuffed Peppers

with Grated Parm



30-40min



2 Servings

Are you ready to get seriously stuffed? With these tender roasted peppers full of turkey, marinara sauce, brown 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 quick-cooking brown rice
- 2 green bell peppers
- 10 oz pkg ground turkey
- 8 oz marinara sauce
- 8 oz Parmesan <sup>7</sup>

### 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 700kcal, Fat 31g, Carbs 71g, Protein 37g



#### 1. Cook rice

Preheat broiler with a rack in the top position.

Bring a small saucepan of **salted water** to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until just tender, about 22 minutes. Drain in a fine-mesh sieve. Return to saucepan off heat. Keep covered until ready to serve.



#### 2. Broil peppers

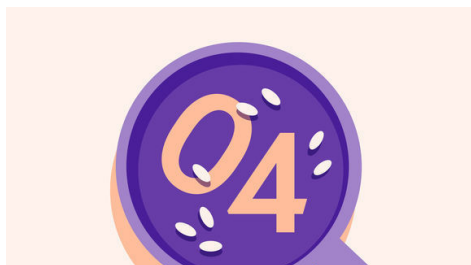
Halve **peppers** from top to bottom to make 4 equal halves; discard stems and seeds. Place on a rimmed baking sheet; lightly sprinkle with **salt** and drizzle with **oil**. Broil on top oven rack until slightly charred and tender, flipping halfway through cooking time, 10–15 minutes (watch closely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



#### 3. Cook turkey filling

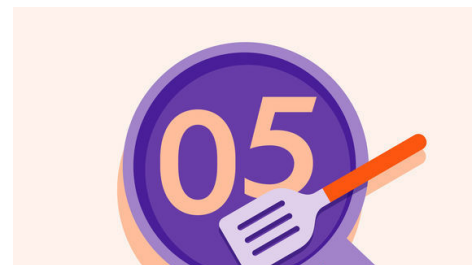
While **peppers** broil, finely chop 2 **teaspoons garlic**.

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 into smaller pieces, until golden-brown and cooked through, 3–5 minutes. Stir in **chopped garlic**.



#### 4. Stuff peppers

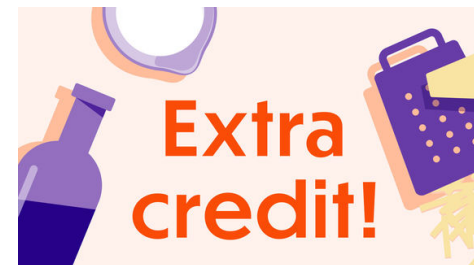
To skillet with **turkey**, stir in **half of the rice** and **¼ cup marinara sauce**. Season to taste with **salt** and **pepper**. Fill **peppers** with **turkey filling** directly on baking sheet, then transfer peppers back to same skillet.



#### 5. Broil peppers & serve

Pour **remaining marinara 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 brown rice for riced cauliflower for even more veggies!