

DINNERLY



Low-Cal Mediterranean Stuffed Peppers with Rice, Tomatoes & Feta



30-40min



2 Servings

Go ahead and put on those stretchy pants, because you'll feel just as stuffed as these loaded Mediterranean peppers after this meal. We're packing bell peppers to the brim with rice, crumbled feta, and a rich tomato sauce. Before serving, we stick them under the broiler 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
- 2 plum tomatoes
- 8 oz tomato sauce
- ¼ oz Italian seasoning
- 2 oz feta ⁷

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- garlic

TOOLS

- small saucepan
- rimmed baking sheet
- 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 480kcal, Fat 12g, Carbs 82g, Protein 13g



1. Cook rice

Preheat broiler with a rack in the top position.

In a small saucepan, combine **rice, 1¼ cups water**, and **¾ teaspoon salt**; bring to a boil over high. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Remove **half of the rice** for own use; cover **remaining rice** in pot to keep warm until step 5.



4. Cook sauce

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium. Add **chopped tomatoes and garlic** and **a pinch of salt**. Cook until fragrant, about 1 minute. Add **tomato sauce, ¼ cup water**, and **2 teaspoons Italian seasoning**; season to taste with **salt and pepper**. Cook until **sauce** is slightly thickened, 3–5 minutes.

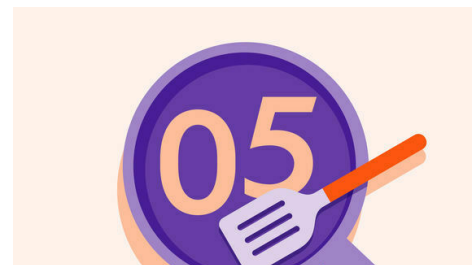


2. Prep ingredients

Halve **peppers**; discard stems and seeds. Place peppers cut-side up on a rimmed baking sheet; drizzle lightly with **oil**.

Coarsely chop **tomatoes**.

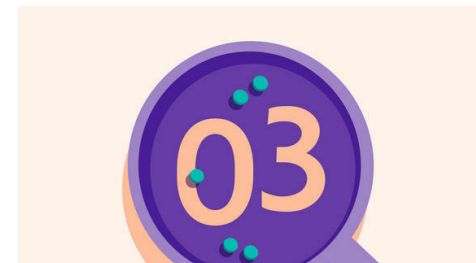
Finely chop **2 teaspoons garlic**.



5. Finish & serve

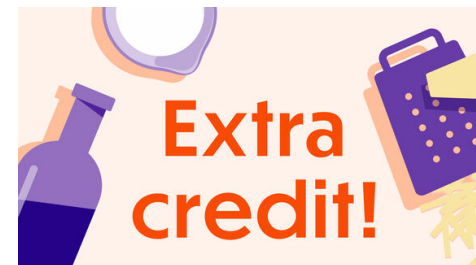
To saucepan with **rice**, add **half of the sauce** (leave remaining in skillet) and stir to combine. Spoon **filling** into **roasted peppers**, then transfer peppers to skillet. Spoon **some of the remaining sauce** in skillet over tops of peppers, then sprinkle with **crumbled feta**.

Broil on top oven rack before serving until **feta** is golden, 1–3 minutes. (watch closely). Enjoy!



3. Broil peppers

Broil **peppers** on top oven rack, flipping halfway through, until slightly tender and browned around the edges, 8–12 minutes. Remove baking sheet with peppers from oven; keep broiler on.



6. Make it vegan!

Leave out the cheese to make this recipe completely vegan! Instead, top your peppers with sliced avocado for a creamy finish.