



Spanakopita Stuffed Peppers

with Quinoa, Pine Nuts & Melted Fontina



30-40min



2 Servings

We've channeled the flavors of spanikopita into hearty stuffed peppers. To speed up the cooking process a bit, we broil the peppers before stuffing them. The filling is a savory mixture of spinach, shallots, dill, feta, toasted pine nuts, and protein-packed quinoa. A blanket of melted fontina over the top holds it all together. This spin on a classic Greek dish is both comforting and nutritious—our favorite combination.

What we send

- 3 oz tri-color quinoa
- 2 bell peppers
- 1 shallot
- ¼ oz fresh dill
- 2 (½ oz) pine nuts ¹
- 5 oz baby spinach
- 2 oz feta ²
- 2 oz shredded fontina ²

What you need

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

Tools

- small pot
- rimmed baking sheet
- medium skillet

Allergens

Tree Nuts (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 560kcal, Fat 34g, Carbs 48g, Protein 24g



1. Boil quinoa

Preheat broiler with a rack in the upper third. In a small pot, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until grains are tender and water is absorbed, about 15 minutes. Remove from heat; keep covered until step 5.



4. Cook spinach

Heat **1 tablespoon oil** in same skillet over medium. Add **chopped shallots** and **a pinch each of salt and pepper**; cook, stirring occasionally, until softened, about 5 minutes. Add **spinach**; cover and cook until spinach is wilted, 2-3 minutes. Stir in **1 teaspoon vinegar**. Remove from heat.



2. Prep & broil peppers

Halve **peppers**; discard stems and seeds. Place peppers cut side up on a rimmed baking sheet; rub all over with **oil** and season with **salt** and **pepper**. Broil on upper oven rack, carefully flipping peppers halfway through, until slightly tender and browned around the edges, 8-12 minutes total (watch closely as broilers vary). Remove baking sheet from oven; keep broiler on.



5. Finish filling

Fluff **quinoa** with a fork, then add to skillet with **spinach-shallot mixture** along with **chopped dill** and **toasted pine nuts**. Crumble **feta** into skillet and toss to combine. Fill **broiled peppers** with spinach-quinoa mixture.



3. Prep ingredients

Finely chop **¼ cup shallot** (save rest for own use) and **2 teaspoons dill fronds**, keeping separate. Place **pine nuts** in a dry medium skillet (without oil) over medium heat. Toast, shaking skillet often, until pine nuts are slightly golden and fragrant, 1-3 minutes (watch closely). Transfer to a plate.



6. Broil & serve

Sprinkle **shredded fontina** evenly over **stuffed peppers**. Broil on upper oven rack until cheese is melted and golden, 1-3 minutes (watch closely). Enjoy!