

DINNERLY



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 bell peppers
- 2 plum tomatoes
- garlic
- 8 oz marinara
- Italian seasoning
- 1½ oz feta cheese ⁷

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil

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 500kcal, Fat 13g, Carbs 84g, Proteins 14g



1. Cook rice

Preheat broiler with a rack 6-inches from the heat source. In a small saucepan, combine **rice**, **1¼ cups water**, and **¾ teaspoon salt**; bring to a boil. 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.



2. Prep ingredients

Halve **peppers**; discard stems and seeds. Place peppers cut-sides up on a rimmed baking sheet; drizzle lightly with **oil**. Coarsely chop **tomatoes**. Finely chop **2 teaspoons garlic**.



3. Broil peppers & tomatoes

Broil **peppers** on top 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.



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.



5. Finish & serve

Add **half of the sauce** to pot with **rice**; stir to combine. Spoon **filling** into **roasted peppers**, then transfer **stuffed peppers** to skillet with **remaining sauce**. Spoon some of the sauce in skillet over tops of peppers, then sprinkle with crumbled **feta**. Broil on top rack until feta is golden, 1–3 minutes (watch closely). Enjoy!



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.