

DINNERLY



Mediterranean Stuffed Peppers

with Rice, Zucchini & 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, charred zucchini, crumbled feta, and a rich tomato sauce. Before serving, we stick them under the broiler just 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
- 1 zucchini
- garlic
- 1 can whole peeled tomatoes
- Italian seasoning (use 2 tsps)
- 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 top 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. Transfer to a rimmed baking sheet with cut sides facing up; drizzle lightly with **oil**. Trim and discard ends from **zucchini**, then slice lengthwise into ¼-inch thick planks. Finely chop **2 teaspoons garlic**. Use kitchen shears to cut **tomatoes** directly in can until finely chopped.



3. Broil peppers & zucchini

Broil **peppers** on top oven rack until browned around edges and slightly tender, 5–7 minutes. Flip peppers and push to one side of the baking sheet. Add **zucchini** to opposite side of baking sheet and drizzle with **oil**; season **veggies** with **salt** and **pepper**. Cook until veggies are charred and tender, 6–8 minutes (watch closely as broilers vary).



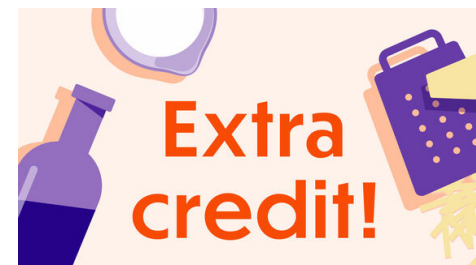
4. Cook sauce

Heat **1 tablespoon oil** in a medium ovenproof skillet. Add **chopped garlic** and cook, stirring, until fragrant, about 30 seconds. Add **tomatoes** and **2 teaspoons Italian seasoning**; season to taste with **salt** and **pepper**. Cook, stirring, until reduced to 1¼ cups, 3–5 minutes. Transfer **sauce** to a liquid measuring cup; reserve skillet.



5. Finish & serve

Coarsely chop **charred zucchini**. Add **chopped zucchini** and **half of the sauce** to pot with **rice**; fluff with a fork to combine. Spoon **filling** into **broiled peppers** and place in same skillet. Top **stuffed peppers** with **remaining sauce** and crumble **feta** over top. Broil on top oven rack until 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.