

Chiles Rellenos

*with Khorasan Wheat,
Summer Squash, &
Monterey Jack Cheese*

PREP TIME: 15 minutes

COOK TIME: 35-45 minutes

SERVINGS: 2

A classic dish from the Mexican state of Puebla, chile relleno features a poblano pepper that's stuffed, battered, and deep-fried. For our take, we're roasting halves of poblano and filling them with a hearty mix of khorasan wheat and Mexican-spiced summer squash, before baking it all under a layer of melty Monterey Jack. Served on the side, avocado mashed with a bit of crème fraîche perfectly tames the dish's heat. (Chefs, you may receive yellow squash, or green or grey zucchini.)



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Ingredients



1/2 cup
SEMI-PEARLED
KHORASAN
WHEAT



2 cloves
GARLIC



2
POBLANO
PEPPERS



2
SCALLIONS



1
AVOCADO



1
LIME



1
SUMMER SQUASH



1 bunch
CILANTRO

KNICK KNACKS:



2 oz
MONTEREY JACK
CHEESE



2 Tbsp
TOMATO PASTE



2 Tbsp
CRÈME FRAÎCHE



1 Tbsp
CHILES RELLENOS
SPICE BLEND *

* Ground Cumin, Smoked Paprika, Garlic Powder, Onion Powder, Cayenne Pepper, Ground Coriander, & Ground Cinnamon



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1 Cook the khorasan wheat:

- ☐ Preheat the oven to 475°F. Heat a medium pot of salted water to boiling on high. Once boiling, add the **khorasan wheat** and cook, uncovered, 24 to 25 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot. Drizzle with olive oil; stir to combine. Season with salt and pepper to taste.

2 Prepare the ingredients:

- ☐ While the khorasan wheat cooks, wash and dry the fresh produce.
- ☐ Medium dice the squash.
- ☐ Peel and roughly chop the garlic.
- ☐ Roughly chop the cilantro leaves and stems.
- ☐ Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.
- ☐ Grate the cheese on the large side of a box grater.
- ☐ Using a peeler, remove the green rind of the lime, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter the lime.
- ☐ Pit, peel, and medium dice the avocado; place in a medium bowl with **the juice of 2 lime wedges**. Season with salt and pepper.
- ☐ Halve the peppers lengthwise; cut out and discard the stems, ribs, and seeds. Thoroughly wash your hands immediately after handling.

3 Roast the peppers:

- ☐ While the khorasan wheat continues to cook, place the **peppers** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in a single layer, cut side up. Roast 11 to 13 minutes, or until slightly softened. Leaving the oven on, remove from the oven.

4 Cook the squash:

- ☐ While the peppers roast, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **squash**. Cook, without stirring, 2 to 3 minutes, or until lightly browned; season with salt and pepper. Add the **garlic** and cook, stirring occasionally, 1 to 2 minutes, or until fragrant. Add the **tomato paste** and **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined. Add **1/3 cup of water**; cook, stirring constantly, 30 seconds to 1 minute, or until combined. Season with salt and pepper to taste. Turn off the heat.

5 Assemble & bake the chiles rellenos:

- ☐ To make the filling, to the pot of **cooked khorasan wheat**, add the **cooked squash, cilantro, lime zest, white bottoms of the scallions, half the crème fraîche, and the juice of the remaining lime wedges**. Stir to thoroughly combine. Season with salt and pepper to taste. Divide the filling among the **roasted peppers** (you may have extra filling). Evenly top with the **cheese**. Bake 4 to 5 minutes, or until the peppers are browned and softened and the cheese has melted. Remove from the oven and let stand for 2 minutes.

6 Mash the avocado & plate your dish:

- ☐ To the bowl of **seasoned avocado**, add the **remaining crème fraîche**. Using a fork, mash to your desired consistency. Season with salt and pepper to taste. Divide the **baked chiles rellenos** and any remaining filling between 2 dishes. Garnish with the **green tops of the scallions**. Serve with the mashed avocado on the side. Enjoy!