

# Couscous-Stuffed Poblano Peppers

with Spinach, Raisins & Tahini Dressing

VEGETARIAN  
DIABETES FRIENDLY  
MEDITERRANEAN

🕒 35-45 MINS | 2 SERVINGS

These vibrant stuffed peppers are loaded with tahini-dressed couscous, spinach, sweet raisins, and more—then baked in the oven and served over a layer of bright, creamy lemon yogurt.



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## Ingredients



1/2 cup  
YELLOW  
COUSCOUS



1  
LEMON



3 oz  
BABY SPINACH



1 1/2 Tbsps  
GOLDEN RAISINS



2 Tbsps  
TAHINI



2 Tbsps  
SLICED ROASTED  
ALMONDS



2  
POBLANO  
PEPPERS



1 clove  
GARLIC



1 Tbsp  
CAPERS



1 oz  
PICKLED  
GOATHORN  
PEPPERS



1/2 cup  
PLAIN NONFAT  
GREEK YOGURT

\* Spice blend ingredient mix



To find out more about Wellness at Blue Apron visit us at [www.blueapron.com/pages/wellness](http://www.blueapron.com/pages/wellness), or for further nutrition information see the Nutrition Facts card.



To make this recipe diabetes friendly and meet the ADA nutrition guidelines for sodium, it is recommended that no additional salt be added to this recipe when prepared. See nutrition information for sodium as packaged.

### 1 Roast the poblano peppers:

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Place the **poblano peppers** on a sheet pan. Drizzle with **1 teaspoon of olive oil** and season with salt and pepper; turn to coat.
- Roast 12 to 14 minutes, or until browned and blistered.
- Leaving the oven on, remove from the oven. Set aside to cool at least 5 minutes.

### 2 Cook the couscous & spinach:

- Meanwhile, in a medium pot, combine the **couscous, raisins, a big pinch of salt,** and **¾ cup of water**. Heat to boiling on high.
- Once boiling, place the **spinach** on top of the couscous. Turn off the heat. Cover and let stand 6 to 8 minutes, or until the water has been absorbed and the couscous is tender. Stir until the spinach is combined and slightly wilted.

### 3 Prepare the remaining ingredients & make the dressing:

- Meanwhile, roughly chop the **pickled peppers**.
- Quarter and deseed the **lemon**.
- Peel **1 clove of garlic**; using a zester, finely grate into a paste (or use the small side of a box grater).
- In a bowl, combine the **tahini, the juice of 2 lemon wedges, 2 tablespoons of water, 1 tablespoon of olive oil,** and **as much of the garlic paste as you'd like**. Whisk until smooth. Taste, then season with salt and pepper if desired.

### 4 Make the filling & prepare the peppers:

- To the pot of **cooked couscous and spinach**, add the **capers, chopped pickled peppers, and dressing**. Stir to thoroughly combine. Taste, then season with salt and pepper if desired.
- When cool enough to handle, make a lengthwise slit in each **cooled poblano pepper**, keeping one side intact.
- Carefully open each pepper; using a spoon, remove the ribs and seeds. Thoroughly wash your hands and knife immediately after handling.

### 5 Stuff & bake the peppers:

- Stuff each **prepared pepper** with the **filling** (you may have extra).
- Bake 8 to 10 minutes, or until the filling is heated through and the peppers are tender when pierced with a fork.
- Remove from the oven. Let stand at least 2 minutes before serving.

### 6 Make the lemon yogurt & serve your dish:

- Meanwhile, in a bowl, combine the **yogurt, the juice of the remaining lemon wedges,** and a drizzle of **olive oil**. Season with salt and pepper.
- Divide the **lemon yogurt** between two dishes and spread into an even layer. Top with any remaining filling and the **baked peppers**. Garnish with the **almonds** and **1 teaspoon of olive oil**. Enjoy!



**NUTRITION PER SERVING (AS PREPARED)\*** Calories: 470, Total Carbohydrates: 55g, Dietary Fiber: 8g, Added Sugar: 1g, Total Fat: 22g, Saturated Fat: 3g, Protein: 16g, Sodium: 530mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

\*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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