

Cheesy Turkey-Stuffed Peppers

with Sour Cream & Cilantro Quinoa

4 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**

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These vibrant stuffed peppers are loaded with turkey (cooked in a blend of Mexican-style spices) and melty monterey jack cheese—served over tender quinoa, verdant arugula, and juicy tomatoes dressed with cilantro sauce.

Ingredients

-  1 ½ lbs Ground Turkey
-  1 cup Red Quinoa
-  4 Poblano Peppers
-  4 Scallions
-  2 oz Arugula
-  ½ lb Grape Tomatoes
-  4 oz Monterey Jack Cheese
-  ½ cup Sour Cream
-  ¼ cup Cilantro Sauce
-  2 Tbsps Tomato Paste
-  1 oz Sliced Pickled Jalapeño Pepper
-  1 Tbsp Mexican Spice Blend*

*Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano

Wellness at Blue Apron

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CARB CONSCIOUS



Serve a bottle of Blue Apron wine with this symbol: Crisp & Minerally.
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1 Prepare & roast the poblano peppers

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Cut off and discard the stems of the **poblano peppers**. Halve lengthwise; remove the ribs and seeds.
- Thoroughly wash your hands, knife, and cutting board immediately after handling.
- Place the **halved peppers** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; turn to coat and arrange cut side up.
- Roast 14 to 16 minutes, or until browned and blistered.
- Leaving the oven on, remove from the oven.



2 Cook the quinoa & wilt the arugula

- Meanwhile, add the **quinoa** to the pot of boiling water and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **arugula**; stir until slightly wilted. Cover to keep warm.



3 Prepare the remaining ingredients

- Meanwhile, thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Grate the **cheese** on the large side of a box grater.
- Halve the **tomatoes**; place in a bowl. Drizzle with **olive oil** and season with salt and pepper.
- Roughly chop the **jalapeño pepper**. Thoroughly wash your hands immediately after handling.



4 Cook the turkey

- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **turkey, spice blend, and sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 3 to 4 minutes, or until lightly browned.
- Add the **tomato paste**. Cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined.
- Add $\frac{1}{2}$ **cup of water** (carefully, as it may splatter); season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the turkey is cooked through and the water has cooked off.
- Turn off the heat. Stir in **as much of the chopped jalapeño pepper as you'd like**, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.



5 Assemble & bake the stuffed peppers

- Carefully stuff each **halved poblano pepper** with the **cooked turkey**. Evenly top with the **grated cheese**.
- Return to the oven and bake 4 to 5 minutes, or until the cheese is melted and the peppers are tender.
- Remove from the oven and let stand at least 2 minutes before serving.



6 Finish the quinoa & serve your dish

- Meanwhile, to the pot of **cooked quinoa and arugula**, add the **seasoned tomatoes and cilantro sauce**. Stir until combined. Taste, then season with salt and pepper if desired.
- Season the **sour cream** with salt and pepper.
- Serve the **finished quinoa** topped with the **stuffed peppers, seasoned sour cream, and sliced green tops of the scallions**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 660, Total Carbohydrates: 45g, Dietary Fiber: 10g, Added Sugars: 0g, Total Fat: 37g, Saturated Fat: 12g, Protein: 40g, Sodium: 1360mg.

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

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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