

# Couscous-Stuffed Poblano Peppers

with Spinach, Raisins & Tahini Dressing

2 SERVINGS













⌚ 35-45 MINS

 **Blue Apron**  
blueapron.com



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.

## Ingredients

-  ½ cup Yellow Couscous
-  2 Poblano Peppers
-  1 Lemon
-  1 clove Garlic
-  3 oz Baby Spinach
-  1 ½ Tbsps Golden Raisins
-  1 ½ oz Feta Cheese
-  1 Tbsp Capers
-  2 Tbsps Tahini
-  1 oz Pickled Goathorn Peppers
-  2 Tbsps Sliced Roasted Almonds
-  ½ cup Plain Nonfat Greek Yogurt

## Wellness at Blue Apron

To find out more about Wellness at Blue Apron visit us at [blueapron.com/pages/wellness](https://blueapron.com/pages/wellness)

VEGETARIAN

600 CALORIES OR LESS

MEDITERRANEAN DIET



Serve a bottle of Blue Apron wine with this symbol: Floral & Aromatic.  
[blueapron.com/wine](https://blueapron.com/wine)



### 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**; stir to combine. 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**, **half the cheese** (crumbling before adding) and **dressing**. Stir to thoroughly combine. Taste, then season with salt and pepper if desired.
- Carefully cut 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 immediately after handling.



### 5 Stuff & bake the peppers

- Evenly 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**, **remaining cheese** (crumbling before adding), and **1 teaspoon of olive oil**. Enjoy!



#### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: 550, Total Carbohydrates: 55g, Dietary Fiber: 8g, Added Sugars: 1g, Total Fat: 29g, Saturated Fat: 7g, Protein: 20g, Sodium: 720mg.

\*\*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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