Couscous-Stuffed Poblano Peppers





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

1/2 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

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VEGETARIAN
600 CALORIES OR LESS
MEDITERRANEAN DIET



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 3/4 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).





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.

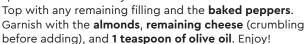
5 Stuff & bake the peppers

- 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.





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).

Produced in a facility that processes

crustacean shellfish, egg, fish, milk,