

# Couscous-Stuffed Poblano Peppers

with Spinach, Raisins & Tahini Dressing

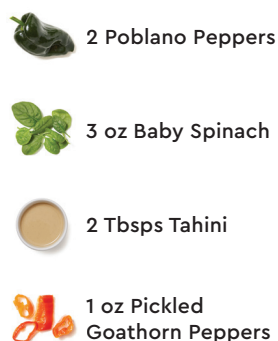
2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**  
blueapron.com



## Ingredients



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)



12 12 12

SmartPoints® value per serving  
(as packaged)



Scan this barcode in your WW app to track SmartPoints. Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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### 1 Roast the poblano peppers

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Place the **poblano peppers** on a sheet pan. Drizzle with **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 or the small side of a box grater, finely grate into a paste.
- 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 a drizzle of **olive oil**. Enjoy!



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

Calories: 530, Total Carbohydrates: 55g, Dietary Fiber: 8g, Added Sugars: 1g, Total Fat: 27g, Saturated Fat: 7g, Protein: 20g, Sodium: 720mg.

\*\*For information about our wellness labels visit us at [blueapron.com/wellness](https://blueapron.com/wellness). SmartPoints are calculated based on as packaged. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or [blueapron.com](https://blueapron.com).

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

Blue Apron, LLC, New York, NY 10005

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