**Couscous-Stuffed Poblano Peppers** 





F YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an 😝 icon) and instructions tailored to you.\*

### **Ingredients**

**Customized ingredients** 

ADDED:



2 Boneless, Skinless Chicken Breasts 🔄



1 Tbsp Capers



1 1/2 Tbsps Golden **Raisins** 



2 Tbsps Tahini



½ cup Yellow Couscous



1 clove Garlic



1 oz Pickled **Goathorn Peppers** 



½ cup Plain Nonfat **Greek Yogurt** 



2 Tbsps Sliced **Roasted Almonds** 



2 Poblano Peppers



3 oz Baby Spinach



1 Lemon



1 1/2 oz Feta Cheese



Serve with Blue Apron wine that has this symbol blueapron.com/wine







SmartPoints® value per serving (as packaged)

If you customized this recipe, your SmartPoints may differ from what's above.





Scan these barcodes in your WW app to track SmartPoints. Wine is not included in SmartPoints calculations.

To learn more about WW and SmartPoints visit ww.com.
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Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Counting SmartPoints? Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

# Roast the poblano peppers

- Preheat the oven 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.



- Meanwhile, in a medium pot, combine the couscous, raisins, a big pinch of salt, and 34 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.



- Line a separate sheet pan with foil.
- Pat the chicken dry with paper towels; season with salt and pepper on both sides. Transfer to the sheet pan and drizzle with olive oil.
- Roast 18 to 20 minutes, or until lightly browned and cooked through.\*
- Transfer to a cutting board. When cool enough to handle, slice crosswise.

## 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,





- 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.

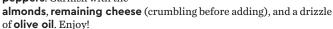
# 5 Stuff & bake the peppers

- 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.





- 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







#### CUSTOMIZED STEP 6 If you chose Chicken

- Make the lemon yogurt and serve your dish as directed with the sliced chicken.

\*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.



