

Couscous-Stuffed Poblano Peppers

with Spinach, Raisins & Tahini Dressing

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
blueapron.com



🔗 IF 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 ½ 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 ½ oz Feta Cheese

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



13 13 13

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 www.ww.com. The WW logo, and SmartPoints are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

*Ingredients may be replaced and quantities may vary.

Learn more at blueapron.com/pages/wellness

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."

1 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.



2 Cook the couscous & spinach

- Meanwhile, in a medium pot, combine the **couscous**, **raisins**, a **big pinch of salt**, and $\frac{3}{4}$ **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.



↔ ADDITIONAL STEP *If you chose Chicken*

- 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.

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!



↔ 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.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

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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