

# Lentil & Farro Stuffed Peppers

with Fontina & Romesco Sauce


2 SERVINGS

⌚ 40-50 MINS


 **Blue Apron**  
blueapron.com




## Ingredients

 ½ cup Black Beluga Lentils

 1 Red Onion


 ½ oz Pickled Peppadew Peppers

 3 Tbsps Romesco Sauce<sup>1</sup>


 ½ cup Semi-Pearled Farro


 2 cloves Garlic

 2 oz Fontina Cheese

 1 Tbsp Red Wine Vinegar

 2 Bell Peppers

 3 oz Baby Spinach

 0.7 oz Grana Padano Cheese



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



**10 - 13** PersonalPoints<sup>™</sup>  
range per serving

Now your Points value is personalized to YOU! It could be between 10-13 Points. Scan the barcode to see yours!



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

To learn more about the (NEW!) WW PersonalPoints<sup>™</sup> program, visit [www.ww.com](https://www.ww.com). The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

<sup>1</sup>. contains almonds



COOK ALONG WITH



"Alexa, find Blue Apron recipes."

## 1 Cook the farro & lentils

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **lentils** and cook 7 minutes.
- Carefully add the **farro** to the pot and continue to cook 21 to 23 minutes, or until the farro and lentils are tender. Turn off the heat.
- Drain and thoroughly rinse under warm water; return to the pot.



## 2 Roast the bell peppers

- Meanwhile, wash and dry the fresh produce.
- Place the **bell 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.



## 3 Prepare the remaining ingredients

- Meanwhile, halve, peel, and thinly slice the **onion**.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **peppadew peppers**.
- Grate the **fontina** on the large side of a box grater.
- Grate the **Grana Padano** on the small side of a box grater.



## 4 Cook the vegetables

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced onion**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until softened.
- Add the **chopped garlic**. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the **spinach**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until wilted and combined.
- Turn off the heat; add the **vinegar** (carefully, as the liquid may splatter) and stir until combined.



## 5 Make the filling

- To the pot of **cooked farro and lentils**, add the **cooked vegetables**, **chopped peppadew peppers**, **grated fontina**, **romesco sauce**, and **half the grated Grana Padano**. Season with salt and pepper. Stir to combine.
- Taste, then season with salt and pepper if desired.



## 6 Finish the peppers & serve your dish

- Transfer the **cooled bell peppers** to a cutting board. Carefully halve each pepper, then remove the stems, ribs, and seeds.
- Evenly divide **half the filling** between the **roasted pepper halves**.
- Transfer the **stuffed peppers** back to the sheet pan and drizzle with **olive oil**.
- Roast 2 to 3 minutes, or until heated through and the cheese is melted.
- Remove from the oven and let stand at least 2 minutes.
- Serve the **remaining filling** topped with the **finished peppers**. Garnish with the **remaining grated Grana Padano**. Enjoy!

