

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 ) and instructions tailored to you.*

Ingredients


Customized ingredients


ADDED:

 2 Skin-On Salmon Fillets 


 1 Lemon

 ½ cup Plain Nonfat Greek Yogurt


 ½ oz Pickled Peppadew Peppers

 ½ cup Yellow Couscous


 1 clove Garlic

 1 ½ Tbsps Golden Raisins

 2 Tbsps Tahini


 2 Tbsps Sliced Roasted Almonds

 2 Poblano Peppers

 3 oz Baby Spinach


 1 ½ oz Feta Cheese

 1 Tbsp Capers

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

 **12 - 13** PersonalPoints™ range per serving

Now your Points value is personalized to YOU! It could be between 12-13 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.

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

To learn more about the (NEW!) WW PersonalPoints™ program, visit 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.

*Ingredients may be replaced and quantities may vary.

Learn more at blueapron.com/pages/wellness

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Roast the 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 **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 combined and the spinach is 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.



Step 4 continued:

- 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 for serving).
- 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.



➡ ADDITIONAL STEP *If you chose Salmon*

- Meanwhile, line a separate sheet pan with foil.
- Pat the **fish** dry with paper towels. Season with salt and pepper on both sides.
- Transfer to the sheet pan, skin side down.
- Roast 10 to 13 minutes, or until lightly browned and cooked through.*
- Remove from the oven.

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 Salmon*

- Make the lemon yogurt and serve your dish as directed alongside the roasted fish.

*The USDA recommends a minimum safe cooking temperature of 145°F for fish.