

Couscous-Stuffed Poblano Peppers

with Spinach, Raisins & Tahini Dressing

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
blueapron.com



Ingredients*

Customized ingredients

ADDED:



2 Skin-On Salmon Fillets 



1 ½ Tbsps Golden Raisins



1 tsp Preserved Lemon Purée



½ oz Pickled Peppadew Peppers



½ cup Yellow Couscous



1 clove Garlic



1 ½ oz Feta Cheese



2 Tbsps Tahini



2 Tbsps Sliced Roasted Almonds



2 Poblano Peppers



3 oz Baby Spinach



½ cup Plain Nonfat Greek Yogurt



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.

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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 **peppadew peppers**.
- 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**, **lemon purée**, **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 peppadew 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 & roast the peppers

- Evenly stuff each **prepared pepper** with the **filling** (you may have extra for serving).
- Roast 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 the seasoned fish to the sheet pan, skin side down.
- Roast 10 to 13 minutes, or until lightly browned and cooked through.*
- Remove from the oven.

6 Season the yogurt & serve your dish

- Meanwhile, in a bowl, combine the **yogurt** and a drizzle of **olive oil**. Season with salt and pepper.
- Divide the **seasoned yogurt** between two dishes and spread into an even layer.
- Top with any remaining filling and the **roasted peppers**. Garnish with the **almonds**, **remaining cheese** (crumbling before adding), and a drizzle of **olive oil**. Enjoy!



↺ CUSTOMIZED STEP 6 If you chose Salmon

- Season the yogurt and serve your dish as directed alongside the **roasted fish**.

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

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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