

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 



½ cup Yellow Couscous



2 Poblano Peppers



1 clove Garlic



3 oz Baby Spinach



½ oz Pickled Peppadew Peppers



1 Tbsp Capers



½ cup Plain Nonfat Greek Yogurt



1 ½ oz Feta Cheese



2 Tbsps Tahini



1 tsp Preserved Lemon Purée



1 ½ Tbsps Golden Raisins



2 Tbsps Sliced Roasted Almonds



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



12 Points® value per serving



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

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

To learn more about the (NEW!) WW Points™ program, visit www.ww.com. The WW logo, Points 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 **stuffed 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.

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CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, sesame, and wheat.
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