

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



1/2 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







Scan this barcode in your WW app to

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 ww.com. The WW logo, Points and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LtC.

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Counting Points™? Choose nonstick cooking spray (0 Points™) instead of olive oil (1 Points™ value per teaspoon) to coat your pan before heating. To learn more about WW's Points™ program, visit ww.com.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

# Roast the peppers

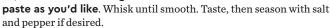
- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Place the poblano peppers on a sheet pan. Drizzle with olive oil and season with salt and pepper; turn to coat.
- · Roast 12 to 14 minutes, or until browned and blistered.
- · Leaving the oven on, remove from the oven. Set aside to cool at least 5 minutes.



- Meanwhile, in a medium pot, combine the couscous, raisins, a big pinch of salt, and 34 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.



- 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





• 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.

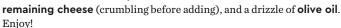


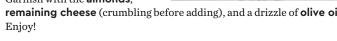
# **ADDITIONAL STEP** If you chose Salmon

- 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,



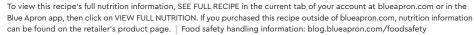


# CUSTOMIZED STEP 6 If you chose Salmon

- 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.





Produced in a facility that processes crustacean shellfish,