



# Spiced Beef Stuffed Peppers with Tomato and Mint Tabbouleh

25

Calorie Smart 35-40 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Chicken Stock Paste



Bulgur Wheat



Baby Plum Tomatoes



Mint



Garlic Clove



Lemon



Bell Pepper



Beef Mince



Baharat



Tomato Puree



Greek Style Salad Cheese

Pantry Items  
Sugar

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, garlic press, baking tray and frying pan.

## Ingredients

	2P	3P	4P
Water for the Bulgur*	240ml	360ml	480ml
Chicken Stock Paste	20g	30g	40g
Bulgur Wheat <b>13</b>	120g	180g	240g
Baby Plum Tomatoes	125g	190g	250g
Mint**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1	2	2
Lemon**	½	1	1
Bell Pepper***	1	1½	2
Beef Mince**	120g	180g	240g
Baharat	1 pot	1 pot	2 pots
Tomato Puree	1 sachet	2 sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Greek Style Salad Cheese** <b>7</b>	50g	100g	100g

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	352g	100g
Energy (kJ/kcal)	2092 /500	595 /142
Fat (g)	17.7	5.0
Sat. Fat (g)	8.8	2.5
Carbohydrate (g)	60.8	17.3
Sugars (g)	11.3	3.2
Protein (g)	26.6	7.6
Salt (g)	2.60	0.74

Nutrition for uncooked ingredients based on 2 person recipe.  
PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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## Contact

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## Cook the Bulgur

Preheat your oven to 240°C/220°C fan/gas mark 9. Pour the **water for the bulgur wheat** (see ingredients for amount) into a large saucepan, stir in **half the chicken stock paste** and bring to the boil. Stir in the **bulgur**, bring back up to the boil and simmer for 1 min.

Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



## Fry the Beef

While the **peppers** roast, heat a drizzle of **oil** in a large frying pan on medium-high heat.

When the **oil** is hot, add the **beef mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt and pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.

Stir in the **garlic, baharat spice, tomato puree, remaining chicken stock paste, water and sugar for the sauce** (see ingredients for both amounts). Bring to the boil and simmer until thickened, 3-5 mins.

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## Chop Chop

Meanwhile, quarter the **tomatoes**. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).

Peel and grate the **garlic** (or use a garlic press). Halve the **lemon** (see ingredients for amount).



## Stuff your Peppers

Taste the **beef** and add **salt and pepper** if needed, then divide the **beef mixture** between the **roasted pepper halves**.

Crumble the **Greek style salad cheese** on top and bake on the top shelf of your oven until the **cheese** is golden and the **peppers** are soft, 6-8 mins.



## Pepper Time

Halve the **pepper(s)** lengthways and discard the core and seeds.

Lay the **pepper halves**, cut-side up, onto a baking tray. Drizzle with **oil** and season with **salt and pepper**.

When the oven is hot, roast on the top shelf of your oven until slightly softened, 5-7 mins. Once softened, remove from your oven and set aside.



## Finish and Serve

Once cooked, fluff up the **bulgur** with a fork and stir through the **tomatoes** and **half the mint**. Add a squeeze of **lemon juice** and season with **salt and pepper** if needed. Stir to combine.

Serve the **tabbouleh** in bowls topped with a **stuffed pepper half**. Sprinkle over the remaining **mint** to finish and cut any remaining **lemon** into **wedges** for squeezing over.

Enjoy!