



Veggie Stuffed Peppers

with Caprese Salad



HELLO CHEDDAR CHEESE

Cheddar is named after the Cheddar Gorge caves in Somerset where the cheese used to be stored to ripen!



Red Pepper



Echalion Shallot



Sweetcorn



Cheddar Cheese



Basil



Italian Herbs



Steamed Basmati Rice



Tomato Passata



Mozzarella



Vine Tomato



Balsamic Vinegar

MEAL BAG

Hands on: **30** mins
Total: **40** mins

Family Box

... of your
5 a day

Veggie

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Sieve, Coarse Grater** and **Large Frying Pan**. Now, let's get cooking!



1 PREP TIME

Preheat your oven to 200°C. Halve the **pepper** lengthways and remove the core and seeds. Lay, cut-side up on a lightly oiled baking tray and set aside. Halve, peel and chop the **shallot** into small pieces. Drain and rinse the **sweetcorn** in a sieve. Grate the **cheddar cheese**. Pull the **basil leaves** from their stalks, (discard the stalks).



2 START THE FILLING

Heat a drizzle of **oil** in a large frying pan on medium heat and add the **shallot**. Fry until soft, 3-4 mins, then add the **Italian herbs**, **sweetcorn** and **steamed basmati rice**. Stir and cook for another 2 mins, breaking up the **rice** with a wooden spoon.



3 COOK THE FILLING

Pour the **tomato passata** into the pan along with a good pinch of **salt** and **pepper**. Tear in half the **basil leaves**, stir together and cook for another 2 mins. Remove the pan from the heat and stir through **half the grated cheddar**. Use a spoon to fill the hollowed-out **peppers** with the **rice filling**, pressing it in tightly so you can use as much **filling** as possible! ★ **TIP:** Any leftover filling can be served on the side if you like.



4 BAKE

Drain the **mozzarella** and cut two slices per person from it. Place a slice on top of each **pepper half**, then sprinkle on the remaining **grated cheese**. Season each **pepper half** with a little **black pepper** then bake on the middle shelf of your oven until golden and bubbly, 15-18 mins.



5 MAKE THE SALAD

Meanwhile, slice the remaining **mozzarella** and the **vine tomato**. Arrange the **mozzarella** and **tomato slices** on a plate then drizzle with a glug of **olive oil** and the **balsamic vinegar**. Season with a pinch of **salt** and **pepper** then tear the remaining **basil leaves** over the top.



6 SERVE

Serve the **veggie stuffed peppers** alongside the **caprese salad**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Pepper	2	3	4
Echalion Shallot	1	1½	2
Sweetcorn	½ carton	¾ carton	1 carton
Cheddar Cheese 7)	1 small block	2 small blocks	2 small blocks
Basil	½ bunch	1 bunch	1 bunch
Italian Herbs	½ pot	¾ pot	1 pot
Steamed Basmati Rice	½ pack	¾ pack	1 pack
Tomato Passata	½ carton	¾ carton	1 carton
Mozzarella 7)	1 ball	1½ balls	2 balls
Vine Tomato	2	3	4
Balsamic Vinegar 14)	½ sachet	¾ sachet	1 sachet

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 542G	PER 100G
Energy (kcal)	453	84
(kJ)	1893	349
Fat (g)	22	4
Sat. Fat (g)	14	3
Carbohydrate (g)	40	7
Sugars (g)	17	3
Protein (g)	23	4
Salt (g)	1.19	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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