



Mediterranean Stuffed Peppers with Pine Nuts and Raisins



We have yet to meet a stuffed pepper we haven't loved, so we're keeping the romance going with this Mediterranean-inspired version. Aromatics, raisins, and pine nuts enhance the beef filling, which is then topped with mozzarella and baked until golden. A refreshing salad of arugula and tangy, syrupy balsamic glaze balances the plate.

20–30 minutes 790 calories per serving

✿ Ingredients

- 2 red bell peppers
- 3 ounces baby arugula
- 1 lemon
- 1 yellow onion
- 1 clove garlic
- ¼ cup pine nuts
- 12 ounces ground beef
- 2 tablespoons tomato paste
- 3 tablespoons raisins
- 2 ounces shredded mozzarella cheese
- 1 packet balsamic glaze

¶ You'll need

- olive oil
- kosher salt
- black pepper
- aluminum foil
- 2 baking sheets
- 12" large pan

💡 Recipe tips

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

Oven strengths vary, and pine nuts can burn quickly, so keep an eye on these as they toast.

Using a slotted spoon will drain off any excess fat from the beef so it doesn't end up in your peppers. Pouring the fat down the drain might damage your pipes—instead, pour it into a heatproof container once it's cooled slightly, and dispose in the garbage.

USDA recommends cooking ground beef to 160°F.

Questions? Email help@plated.com or call 855-525-2399. Visit plated.me/allergens for more information on dietary restrictions.
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1. Prepare ingredients

Preheat oven to 450°F. Rinse all produce. Halve **bell peppers** lengthwise, discarding seeds and stems. Pat **arugula** dry with paper towel. Halve **lemon**. Peel **onion**, halve, and thinly slice. Thinly slice **garlic**.



2. Roast peppers and pine nuts

Rub **bell peppers** all over with **1 tablespoon olive oil**, **½ teaspoon salt**, and **black pepper**, then place cut-side down on a baking sheet, spacing apart. Place **pine nuts** on a separate baking sheet, spacing apart. Roast **bell peppers** for 3 minutes. Then, add **pine nuts** and continue roasting until bell peppers are slightly softened and pine nuts are toasted, 2–4 minutes more (see recipe tip). Meanwhile, pat **beef** dry with paper towel.



4. Stuff and bake peppers

To bowl with beef, add **tomato paste**, **raisins**, and **half of toasted pine nuts** and stir to combine. Flip **bell peppers** cut-side up on baking sheet and add **beef filling**, dividing evenly (if you have extra filling, serve alongside or save for tomorrow's lunch). Sprinkle over **mozzarella**. Return to oven and bake until cheese is melted and bubbling, 5–7 minutes.



5. Make balsamic arugula salad

While stuffed peppers bake, place **arugula** in a separate large bowl. Drizzle over **half of balsamic glaze** and **juice of ½ lemon** (use remaining glaze and lemon for another dressing). Season with **¼ teaspoon salt** and **black pepper** as desired, toss to coat, and divide between serving plates.



3. Cook beef

Heat **1 tablespoon olive oil** in a large pan over medium-high heat. When oil is shimmering, add **onion** and **garlic** and cook, stirring, until beginning to soften, 3 minutes. Add **beef** and season with **½ teaspoon salt** and **black pepper** as desired. Cook, breaking up, until browned, about 5 minutes more. Remove pan from heat. Using a slotted spoon, transfer **beef** to a large bowl (see recipe tip).



6. Plate stuffed peppers

Add **Mediterranean stuffed peppers** to serving plates with **balsamic arugula salad**. Garnish with **remaining toasted pine nuts** and dig in!