



Pork and Feta Stuffed Peppers

with Rocket Salad and Roasted Courgette

Cook time: 25-30 mins | **Servings:** 2 or 4 portions

Carbs

13.9g

Protein

39.8g

Fat

66.1g

Calories

809 Kcal

5-a-day

3 portions

Typical Values Per Serving

Before you start

Wash your hands before and after prep. Wash fruit and veg but not meat. Check ingredient packaging names match those stated on the recipe card.

Make sure you've got a baking tray, frying pan and bowl.

Ingredients

Ingredients	2 people	4 people
Bell Pepper*** 69)	1	2
Green Pepper** 69)	1	2
Medium Tomato	1	2
Courgette** 69)	1	2
Pork Mince**	300g	600g
Smoked Paprika	1 sachet	2 sachets
Feta Cheese** 7)	100g	200g
Italian Style Herbs	1 sachet	2 sachets
Rocket**	40g	80g
Mayonnaise 8) 9)	1 sachet	2 sachets
Pantry	2 people	4 people
Olive Oil for the Dressing*	1 tbsp	2 tbsp
Oil for Cooking*	3 tbsp	6 tbsp

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

Typical Values	Per serving	Per 100g
for uncooked ingredient	571g	100g
Energy (kJ/kcal)	3386 / 809	593 / 142
Fat (g)	66.1	11.6
Sat. Fat (g)	23.7	4.2
Carbohydrate (g)	13.9	2.4
Sugars (g)	10.1	1.8
Protein (g)	39.8	7.0
Salt (g)	1.51	0.26

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal)

Allergens

7) Milk 8) Egg 9) Mustard

May contain: 69) Celery

There may be last-minute changes to ingredients, of which we will always notify you by email.

Please remember to check your ingredient packaging for information on allergens and traces of allergens.

Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

How to Contact Us

If you have any questions, our customer care team is available 7 days a week, 9:00am to 10:00pm, on 020 4538 1121 or via the chat function on the website

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Now, let's get cooking!



Preheat your oven to 220 °C/200 °C fan/gas mark 7. Cut each **pepper** in half through the stem, then remove the seeds. Place the **peppers**, cut side up, onto a baking tray and drizzle with **oil**. Season with **salt** and **pepper**. Roast on the top shelf of your oven until browned and softened, 6-8 mins.



When cooked, take the **peppers** out of the oven. Use a spoon to fill them with the **pork mince mixture**, pressing down so you can fit in as much as possible. Crumble the remaining **feta** over the top of the **stuffed peppers**. Place the **courgette** onto the other half of your baking tray and drizzle with **oil**. Sprinkle over the **Italian style herbs** and season with **salt** and **pepper**. Toss to coat. Roast on the middle shelf of your oven until the **feta** has melted and the **courgette** is golden, 10-12 mins.



Thinly slice the **tomato**. Trim the **courgette**, then halve lengthways. Slice widthways into 1cm thick pieces.



In a large bowl, add the **tomato**, **rocket** and **olive oil for the dressing** (see pantry), then toss to coat. Season with **salt** and **pepper**.



Heat a large frying pan on medium-high heat with a drizzle of **oil**. Once hot, fry the **pork mince** until golden, 5-6 mins. Use a wooden spoon to break it up as it cooks. Add the **paprika**, crumble in **half** of the **feta** and season with **salt** and **pepper**. Stir to combine. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The pork is cooked when no longer pink in the middle.



Divide the **pork and feta stuffed peppers** between your plates. Serve with the **roasted courgette** and **rocket salad**. Squeeze over a dollop of **mayonnaise**.

Enjoy!

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