



SAUSAGE-STUFFED PEPPERS

with Couscous and Pepper Jack

WHAT WE SEND

(2 servings | 4 servings)

Pork Sausage is fully cooked when internal temperature reaches 160 degrees.

❄️ **Keep refrigerated.**



Green Bell Peppers *
(2 | 4)



Yellow Onion
(1 | 2)



Garlic
(2 Cloves | 4 Cloves)



Pork Sausage Mix *
(1 | 2)



Israeli Couscous
(1 | 2)
Contains wheat



Tomato Paste
(1 | 2)



Shredded Pepper Jack *
(1 | 2)
Contains milk

WHAT YOU'LL NEED

Olive Oil
(4 tsp | 8 tsp)

Vegetable Oil
(1 tsp | 2 tsp)



Be careful when handling the bell peppers in Step 6! We recommend using tongs to hold those hot-from-the-oven peps in place while stuffing them.



- 1.** Preheat oven to 425 degrees. **Wash and dry all produce.** Halve **bell peppers** lengthwise; remove and discard stem and seeds. Halve, peel, and finely chop **onion**. Peel and finely chop **garlic**.



- 2.** Place **bell pepper halves** cut sides up on a baking sheet; drizzle each half with **olive oil** and rub to evenly coat. Season with **salt** and **pepper**. Roast until lightly browned and tender, 18-22 minutes.



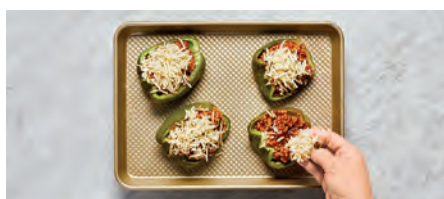
- 3.** Meanwhile, heat a **drizzle of oil** in a large pan over medium-high heat. Add **onion** and season with **salt** and **pepper**. Cook, stirring, until softened, 4-5 minutes.



- 4.** Add **sausage** and **garlic** to pan. Cook, breaking up meat into pieces, until browned and cooked through, 4-5 minutes. Add **tomato paste** and **couscous**; stir until evenly combined.



- 5.** Add **2 cups water** (**3 cups for 4 servings**) and a large pinch of **salt** and **pepper** to pan. Bring to a boil and cook, stirring often, until **couscous** is tender and mixture has thickened, 8-10 minutes. (**If water evaporates before couscous is tender, stir in a splash more.**) Taste and season with **salt** and **pepper**.



- 6.** Once **bell pepper halves** are tender, remove baking sheet from oven and preheat broiler to high. If necessary, carefully drain any liquid from sheet. Divide **half the filling** between bell pepper halves. Evenly top with **cheese**. Broil until cheese is melted and lightly browned, 2-3 minutes. (**Watch out for burning! The broiler is a powerful tool.**) Divide **remaining filling** between plates and top with **stuffed peppers**.

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