EveryPlate

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WHAT WE SEND (2 servings | 4 servings)

★ Keep refrigerated



Green Bell Peppers* (2 | 4)



Tomato Paste (1 | 2)



Yellow Onion (1 | 2)



Garlic (2 Cloves | 4 Cloves)



Pork Sausage * (1 | 2)



Couscous (1 | 2)



PREP IN 5 MIN

READY IN 35 MIN



If you chose a different protein when placing your order, follow the CustomPlate instructions on the flip side of this card to learn how to modify your meal.



Sausage 🕏 (1 | 2)

WHAT YOU'LL NEED

Kosher Salt Black Pepper

Olive Oil (4 tsp | 8 tsp) **Cooking Oil** (1 tsp | 2 tsp)

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



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



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



While bell peppers roast, heat a **drizzle of oil** in a large, preferably ovenproof, pan over medium-high heat. Add **onion** and season with **salt** and **pepper**. Cook, stirring, until softened, 4–5 minutes.



Meanwhile, remove **sausage** from casing; discard casing. Add sausage and **garlic** to pan with **onion**. Cook, breaking up meat into pieces, until browned and cooked through, 4–5 minutes. Add **tomato paste** and **couscous**; stir to coat.





Stir 2 cups water (3 cups for 4 servings) and a big pinch of salt and pepper into 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, add a splash more.) Taste and season with salt and pepper. Turn off heat.



Remove baking sheet with **bell pepper halves** from oven. Carefully fill bell pepper halves with as much **filling** as will fit, keeping remaining filling in pan. Nestle **stuffed peppers** in pan with remaining filling. (If your pan isn't ovenproof, transfer remaining filling and stuffed peppers to a baking dish now.) Evenly top with **cheese**. Return to oven until cheese is melted and lightly browned, 4–5 minutes. (Watch carefully to avoid burning.) Divide stuffed peppers and remaining filling between plates.

Pork Sausage is fully cooked when internal temperature reaches 160 degrees. Chicken Sausage is fully cooked when internal temperature reaches 165 degrees.

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