

DINNERLY



Stuffed Capsicums with Smoked Cheddar

 30-40 minutes  4 Servings

Super-charged with quinoa, spinach and toasty almonds, these stuffed capsicum boats are everything you want in a veggie-based dinner, and then some.

WHAT WE SEND

- 2 zucchini
- 4 capsicum
- 100g English smoked cheddar ⁷
- 125g quinoa
- 20g slivered almonds ¹⁵
- 150g baby spinach leaves

WHAT YOU NEED

- garlic clove
- olive oil
- red wine vinegar ¹⁷
- water

TOOLS

- baking paper
- box grater
- oven tray
- sieve
- small saucepan with lid

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

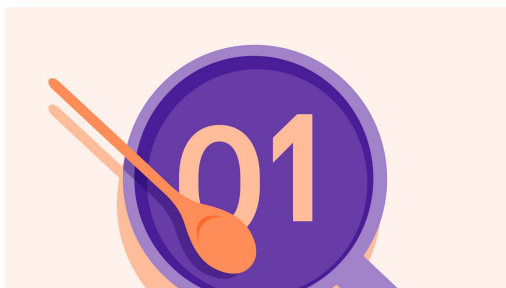
It's important to rinse the quinoa well to remove the natural coating called saponin, which can make it taste bitter or soapy.

ALLERGENS

Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 495kcal, Fat 33.8g, Carbs 27.0g, Proteins 16.7g



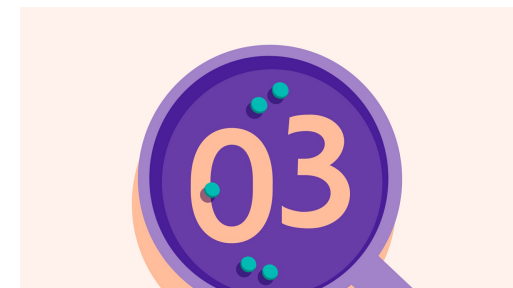
1. Cook quinoa

Preheat the oven to 200C. Line 2 oven trays with baking paper. Rinse the **quinoa** in a sieve (see cooking tip). Put in a small saucepan with **250ml (1 cup) water** and bring to a simmer. Reduce heat to low and cook, covered, for 12 mins or until water has absorbed and the quinoa is tender. Turn off the heat, add **half the spinach** and stand, covered, for 5 mins.



2. Cook capsicums

Meanwhile, halve **capsicums** lengthwise, discarding seeds and membrane. Put capsicum boats on one lined tray, then brush inside and out with **2 tbs olive oil**. Put **almonds** on remaining tray. Cook capsicums on an upper oven shelf for 8 mins, then add almonds to a lower shelf and cook for a further 3 mins or until capsicums are soft and almonds are golden.



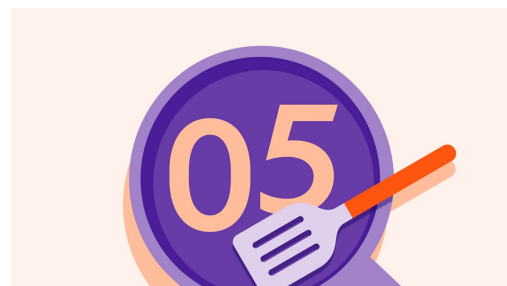
3. Make dressing

Grate the **zucchini**, then squeeze out the excess liquid with your hands. Finely chop or crush **3 garlic cloves**. Coarsely grate the **cheese**. Combine **2 tbs olive oil** and **2 tbs white wine vinegar** in a small bowl and season with **salt and pepper**. Turn the oven to grill mode and preheat to medium-high.



4. Stuff capsicums

Combine the **garlic, quinoa mixture, toasted almonds, three-quarters of the zucchini, half the grated cheese** and **half the dressing** in a large bowl, season well with **salt and pepper**, then spoon into the capsicum boats, pressing down to compact. Scatter over the **remaining grated cheese**.







5. Grill and serve up

Grill the **stuffed capsicums** for 5 mins or until the cheese is melted and golden. Meanwhile, toss the **remaining spinach, zucchini** and **dressing** to combine and season with **salt and pepper**. Divide the **stuffed capsicums** and **spinach salad** among plates and enjoy.



6. Kitchen hack

Squeezing the excess moisture out of vegetables, such as zucchini, can improve the texture of dishes. To aid this process, sprinkle with salt and stand for 5 mins. The salt draws out moisture, so reduce the amount of seasoning in the dish to ensure it doesn't become too salty.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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 Packed in Australia
from at least 45%
Australian ingredients