



KALE & BEAN STUFFED PEPPERS

creamy chimichurri, garlic cilantro rice, cashew "Parmesan"

COOK TIME
35 MIN

SERVINGS
2

CALORIES PER SERVING
960

MENU
VEGAN // GLUTEN-FREE

Cashew "Parmesan" is the secret ingredient that makes these Mexican-inspired stuffed peppers a vegan dinnertime win. The umami-rich "cheese" is made with superfine cashew crumbles, nutritional yeast, and garlic, and is sprinkled over roasted bell pepper halves packed with kale, black beans, and corn. It's all served over a bed of garlic cilantro rice, with a drizzle of our creamy chimichurri for an herby finish.

INGREDIENTS (9 ITEMS)

- ¼ oz **Garlic**
- ½ cup **Jasmine rice**
- 1 unit **Red bell pepper**
- 13¼ oz **Black beans**
- 3½ oz **Green kale**
- ¼ oz **Cilantro**
- 2¾ oz **Corn**
- 4 oz **Creamy vegan chimichurri sauce**
- 2½ tbsp **Cashew "Parmesan" T**

WHAT YOU'LL NEED

- small pot with lid
- large sauté pan
- baking sheet
- measuring cup & spoons
- strainer
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

T TREE NUTS (cashews)

COOKING FOR 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

Validate My
Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 START PREP & COOK RICE

- Preheat oven to 425 degrees.
- Mince **garlic**.
- Heat about 1 tablespoon cooking oil in a small pot over medium heat. Add **garlic** to hot pot. Cook 1-2 minutes, or until fragrant, stirring frequently.
- Add **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to pot. Bring to a boil. Stir, then reduce heat to medium low. Cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 FINISH PREP

- Halve **red bell pepper*** lengthwise. Discard seed pod and stem.
- Strain and rinse **black beans**.
- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.
- De-stem **cilantro**; roughly chop leaves.

*The ingredient you received may be a different color.

3 SEASON & ROAST BELL PEPPER

- Place **bell pepper halves**, cut sides down, on a lightly oiled, foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Lightly season with salt and pepper. Rub to coat.
- Roast 10-12 minutes, or until just tender.

4 MAKE FILLING

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **beans** and **corn** to hot pan. Season with about ½ teaspoon salt and a pinch of pepper. Stir to combine. Cook 3-5 minutes, or until corn begins to brown, stirring occasionally.
- Add **kale**. Cook 1-2 minutes, or until kale is slightly wilted, stirring occasionally.
- Remove from heat. Drizzle with about half the **creamy vegan chimichurri sauce**. Stir to coat.

5 STUFF BELL PEPPER

- Flip **bell pepper halves**. Spoon **filling** into each half.* (**Careful! Baking sheet is hot!**) Sprinkle with **cashew "Parmesan."**
- Roast 4-6 minutes, or until "Parmesan" is lightly toasted.

*If there's excess filling after stuffing the bell pepper halves, reserve it in the pan for Step 7.

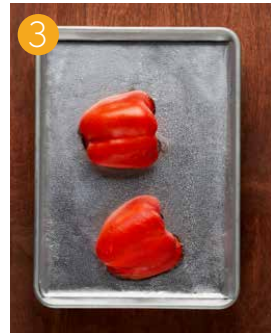
6 FINISH RICE

- Fluff **rice** with a fork. Add **cilantro**. Stir to combine. Season with salt and pepper to taste.*

*Taste the rice after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.

7 PLATE YOUR DISH

- Divide **garlic cilantro rice** between plates. Top with **kale and bean stuffed peppers** and any excess **filling**. Drizzle with remaining **creamy chimichurri** to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (485g)

Amount per serving

Calories **960**

	% Daily Value*
Total Fat 58g	74%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1480mg	64%
Total Carbohydrate 90g	33%
Dietary Fiber 11g	39%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 149mg	10%
Iron 4mg	20%
Potassium 1200mg	25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Bell Peppers, Black Beans [organic black beans, water, sea salt, calcium chloride (firming agent)], **Corn** [corn], **Green Kale, Cashew “Parmesan”** (Cashews [cashew pieces], Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Granulated Garlic, Sea Salt, Black Pepper), **Creamy Chimichurri** (Yellow Onions, Parsley, Cilantro, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [apple cider vinegar], Lemon Juice [lemon], Sunflower Oil [high oleic sunflower oil], Vegan Mayonnaise [sunflower oil, organic aquafaba (water, chickpeas), fair trade organic cane sugar, sea salt, distilled vinegar, water, organic lemon juice, acacia gum, xanthan gum, black pepper]), **Jasmine Rice** [jasmine rice], **Garlic, Cilantro**

Allergen information:

Contains Tree Nuts

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.