

Spinach and Ricotta Peppers

with Buttery Mushrooms and Tomatoes

hellóchef

All the veggies – prepared in one single baking dish!

Cals 635 • Prot 36 • Carbs 22 • Fat 46

Vegetarian

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🕒 cook: 45 min

R2907



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Peppers and stuffing	2 ppl	3 ppl	4 ppl	
Red pepper	2	3	4	Pieces
Red onion	1	1	2	Pieces
Garlic cloves	1	2	2	Pieces
Spinach	200	200	300	Grams
Olive oil	1	2	2	Tbsp
Salt	1	1	2	Tsp
Fresh basil	15	15	30	Grams
Parmesan 4*	30	45	60	Grams
Ricotta 4*	250	250	250	Grams
Organic Eggs 5*	1	2	2	Pieces
Black pepper	0.5	0.5	1	Tsp
Grated mozzarella 4*	60	90	120	Grams
Sides				
Mushroom	250	250	500	Grams
Cherry tomatoes	150	250	300	Grams
Garlic cloves	1	1	2	Pieces
Fresh parsley	15	20	20	Grams
Butter 4*	40	50	100	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp

Allergens

*4 Milk, *5 Eggs

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2641 / 635
Fat (g)	45.8
of which saturates (g)	29.7
Carbohydrate (g)	22
of which sugars (g)	10.7
Fiber (g)	5.4
Protein (g)	35.7
Salt (g)	2.5

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Bake peppers

Preheat the oven to 200°C/180°C fan. Slice the bell **peppers** in half lengthwise, leaving their stems in place. Remove the seeds. Add the **peppers** to a wide baking dish. Drizzle the **peppers** with **oil** and bake them in the oven for 15 min.



2 Prep and fry

Meanwhile, peel and chop the **onion** and **garlic**. Wash and chop the **spinach**. Heat a pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **onion** and fry with a pinch of **salt** for 3 min. Add the **garlic** and **spinach**, and fry for 3 min further until the **spinach** is wilted. Transfer to a bowl and set aside to cool.



3 Prep extras

Meanwhile, clean the **mushrooms** with kitchen paper or a cloth (do not rinse with water) and trim them. Rinse and dry the **tomatoes**. Peel and crush the **garlic**. Chop the **parsley**. Melt the **butter**. In a bowl, combine the **mushrooms, tomatoes, garlic, parsley, butter, salt** and **pepper**.



4 Finish stuffing

Once the **spinach** mix has cooled a little, chop the **basil** and grate the **Parmesan**. Add the **basil, Parmesan, ricotta, eggs** and **black pepper** to the **spinach** bowl. Mix well.



5 Stuff and bake

Remove the bell **pepper** dish from the oven. Spoon the **spinach** and **ricotta** stuffing into the **peppers**. Top with the **grated mozzarella**. Pour the **mushrooms** and **tomatoes** into the dish. Bake for 15–20 min further until well browned on top.



6 Serve

Allow the bake to cool for 3–5 min before serving.