

Stuffed Peppers

Preparation time: 40 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Dinner Recipes, Entertaining

These stuffed peppers (or capsicums) are packed with flavour and add a burst of colour to any dinnertime setting. This dish is great for showing off your culinary skills when entertaining family and friends because they are visually an impressive dish but in actual fact are very easy to make. And the best part is they are super nutritious!



Ingredients

- 4 large red capsicums, halved, seeds removed

- 2 tsp olive oil
- 1 small red onion, finely chopped
- 2 garlic cloves, crushed
- 2 tsp finely grated lemon zest
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- 300g lean lamb mince
- 125g cup microwave basmati rice, cooked
- 1 cup canned diced tomatoes (see notes)
- 2 tbsp toasted pine nuts
- 2 tbsp chopped fresh flat-leaf parsley, plus extra leaves to serve
- 8 small eggs

Method

1. Preheat oven to 200°C/180°C fan forced and line a large baking tray with baking paper. Place capsicums on prepared tray and bake for 15 minutes.
2. Meanwhile, heat oil in a large non-stick frying pan over medium heat. Cook onion, stirring, for 4 minutes or until softened. Add garlic, lemon zest, cumin and cinnamon and cook, stirring, for 1 minute or until fragrant. Add mince and cook, breaking mince up with a wooden spoon for 3-4 minutes or until just cooked. Add rice, tomatoes and pine nuts and cook, stirring, for 2 minutes. Season with salt and pepper and stir in the parsley.
3. Drain any liquid from capsicums. Spoon filling into capsicums and make an indent in each. Carefully break an egg into indent and bake for 15 minutes or until eggs are cooked to your liking. Serve sprinkled with extra parsley.

Notes

Tip: Leftover canned tomatoes can be frozen in a small airtight container for up to 2 months and is perfect to spread over home-made pizzas topped with eggs, of course!

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)
528g	1840kJ 440kcal	36.6g	20.1g	4.9g	23.6g	13g
Sodium	Fibre	Vitamin D				
276mg	6.9g	9.1µg				

All nutrition values are per serve.

