

Stuffed Peppers

Ingredients

2 Large Bell Peppers, halved through the stalk (keeping the stalk intact), deseeded.
175g Cherry Tomatoes
1 Large Onion, sliced
2 - 3 Tbsp Oil
Salt and Pepper
200g cooked brown rice
4tbsp tomato puree
2tsp dried mixed herbs
2tsp paprika
Grated Cheddar cheese, for sprinkling

Equipment

Oven proof dish
Baking Tray
Tin foil



Serves: 2 - 4
Prep Time: 15 minutes
Cook Time: 65 - 70 minutes

Method



Step 1: Heat the oven to 160C and arrange the peppers in an oven proof dish, cavity side up.



Step 2: Place the tomatoes and sliced onions on a baking tray and drizzle with oil and season with salt and pepper. Mix around then roast in the oven for 15 - 20 minutes, or until softened and slightly charred.



Step 3: Tip the rice onto the baking sheet with the tomatoes and onions. Mix in the tomato puree, herbs and paprika.



Step 4: Spoon the rice mixture into the pepper cavities, sharing it out evenly. Spoon any leftovers into the dish around the peppers.



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Step 5: Sprinkle the peppers with grated cheese. Cover with foil and bake for 40 - 50 minutes, or until the peppers have softened and the cheese is golden. Remove the foil cover 10 minutes before the end of the cooking time. Serve with a tomato sauce, new potatoes or salad.

Top Tips

Line your dish with foil to save on effort with the washing up!

Different colours of peppers look attractive for this recipe but any colours will do.

Use up your leftover tomatoes, squishy ones are perfect, chopped if the tomatoes are large.

Any oil is suitable for this recipe; olive, sunflower, vegetables etc.

Use whatever rice you have in your cupboard for this recipe. Tinned lentils, chickpeas or even ready to use packet rice are brilliant alternatives.

Use up a jar of tomato pasta sauce to serve with the peppers – it's a perfect combination.



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