ROASTED STUFFED PEPPERS

(Use green, yellow, orange, red or mix)

All except green peppers naturally taste sweeter

SERVES 2-4 (1/2 – 1 pepper per person)

INGREDIENTS

- 50g quinoa or wild rice (thoroughly rinsed and drained)
- 2 large red, yellow, or orange bell peppers (halved, seeds removed)
- 4tbsp nutritional yeast
- 1 tsp cumin powder
- 1/2 tsp chili powder or cayenne chilli pepper (optional , leave out if not a hot spice lover)
- 1/2 tsp garlic powder
- Seasalt
- Black Pepper
- 1 tin of drained black beans, mixed beans, cannellini beans
- 1 small tin of sweetcorn drained

- Coconut oil for brushing

TOPPINGS

- 1 ripe avocado sliced between four peppers
- Fresh lime juice
- Diced red onion
- Chopped coriander
- Drizzle of natural yogurt
- Grated hard cheese

METHOD

- Add quinoa to a saucepan with water covered over and bring to a boil over high heat. Once boiling, reduce heat, cover, and simmer until all liquid is absorbed and quinoa is fluffy – about 15 - 20 minutes.
- Preheat oven to 150c and lightly grease a baking tin
- **Brush halved peppers with coconut oil and roast covered for 20 minutes , this will soften them and make sure they are fully soft by end of final roasting with quinoa mix included.**
- Add cooked quinoa to a large mixing bowl and add remaining ingredients –Mix to thoroughly combine then taste and adjust seasonings accordingly, adding salt, pepper, or more spices as desired.
- Generously stuff halved peppers with quinoa mixture until all peppers are full, then cover the dish with foil.
- Bake for another 30 minutes covered. Then remove foil and bake for another 15-20 minutes , or until peppers are soft and slightly golden brown.
- Serve with desired toppings (listed above) or as is!

TIP: SAVE TIME!!
Half , deseed and bake peppers covered the night before to initially soften , all you have to do the next day is prepare the filling and do the final roasting!

Will keep in the fridge for up to 2 days , great to have with a side salad or extra veggies.