

Stuffed Peppers

Roasted whole peppers stuffed with a mixed vegetable rice, guacamole and melted mozzarella .



Serves - 3



Prep time - 10 mins



Cooking time - 45 mins



Ingredients



3 mixed coloured peppers



1 packet mushrooms finely chopped



2 white onions finely chopped



Mixed chillies



½ lime juiced



Sprinkle fresh coriander



Handful pine nuts



75g rice



1 packet mozzarella or vegan cheese (optional)



Guacamole

Method

- 🔥 Pre cook the rice.
- 🔥 In a Skillet add some oil and onions and cook for 4 mins.
- 🔥 Add the mushrooms and chillies and cook for a further 6 mins.
- 🔥 Then add the fresh coriander, lime juice and pine nuts and cook for a further 5 mins.
- 🔥 Mix together the cooked veg and rice.
- 🔥 Carefully cut and hollow out the peppers keeping the top piece and add the rice mix to the centre.
- 🔥 On top of the rice add a thin piece of mozzarella and guacamole.
- 🔥 Put the top of the peppers back on.
- 🔥 Wrap the peppers in foil and cook on the Swing Grill.
- 🔥 Cook for 25- 30 mins.
- 🔥 Take the peppers off the heat, unwrap and serve. Then enjoy!



Cookware Skillets

