

Stuffed Capsicum for Two

Serves: 2

Prep time: 20 minutes

Cook time: 1 ¼ hours

 2 ½ serves per portion

Ingredients

⅓ cup uncooked brown rice

1 tablespoon olive oil

1 small brown onion, finely chopped

250g lamb or beef mince

1 garlic clove, crushed

2 teaspoons ground paprika

1 teaspoon dried oregano

½ teaspoon ground cumin

50g feta, reduced fat

1 cup packed baby spinach leaves

¼ cup beef stock

½ 400g can chopped tomatoes

2 red or yellow capsicums, halved lengthways and deseeded

Flat leaf parsley, finely chopped, to serve



Everyday Food

Method

COOK brown rice according to packet instructions and set aside to cool.

PREHEAT oven to 140°C.

HEAT oil in a large frying pan over medium heat then add the onion and cook for 5 minutes or until softened.

ADD the mince and cook for about 5 minutes, stirring with a wooden spoon to break up lumps. When the lamb is cooked through add the garlic and spices and cook for a further minute or until aromatic.

REMOVE from heat and stir through the feta and spinach leaves.

COMBINE the beef stock and half can of chopped tomatoes in a small saucepan and bring to a boil. Simmer until slightly thickened (about 5 minutes).

PLACE capsicums cut side up into a small roasting pan or oven-proof dish. Spoon the rice mixture evenly among the capsicum halves then pour the tomato sauce around the capsicums.

BAKE covered for 30 minutes then uncover and bake for a further 30 minutes or until capsicum is tender.

SPRINKLE with parsley and serve.

Recipe courtesy of the Country Kitchens team