

Stuffed Peppers RECIPE

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<?xml version="1.0"?>

TIME

30 mins

INGREDIENTS

11 items

MAKES

2 servings

These peppers will add some colour to your mealtime. Swap the beef with roasted vegetables for a meat-free meal.

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INGREDIENTS

- Ben's Original[™] Tomato And Basil Microwave Rice 220g
- Oil spray

- 2 Peppers, halved and core removed
- 1 White Onion, chopped
- 250g Beef Mince
- 1 Garlic Clove, crushed
- 400g Tin Chopped Tomatoes
- 1 Courgette, chopped
- 100g Spinach, washed
- 50g Parmesan Cheese, grated
- 20g Fresh Chives, chopped

INSTRUCTION

1. 1

Heat the oven to 180C. Spray the halved peppers with oil and place on a baking tray lined with foil. Bake for 15 minutes.

2. 2

Place a frying pan on a medium heat and spray with oil. Add the onion and soften for 2-3 minutes, followed by the garlic and mince. Continue to cook until the mince is brown.

3. 3

Add the courgette, chopped tomatoes and spinach and mix through to combine.

4. 4

Add the Ben's Original™ rice into the pan, mix and heat through. Fill the peppers with the mixture and top with parmesan cheese. Bake for 10-15 minutes.

5. 5

Remove the peppers from the oven and top with chives. Serve with a leaf salad.

NUTRITION

Amount Per Serving

- Carbohydrates (g) 56.2
- Cholesterol (mg) 69
- Dietary Fiber (g) 6.4
- Energy (kJ) 2768
- Protein (g) 51.5
- Sugars (g) 18.7
- Total Fat (g) 23.7
- Saturated Fat (g) 8.5
- Salt(g) 0.75
- Sodium (mg) 299
- Trans Fat(g) 0.5

Categories:

Beef, 15-30 Min, Tomato and Basil, Bake, Easy family dinners, Recipes for kids

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Chicken and Pepper Skewers

Cooking time

25 mins

Ingredients

8 items

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Spanish Style Rice

Cooking time

40 mins

Ingredients

13 items

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Herby Chicken with Pesto

Cooking time

40 mins

Ingredients

12 items

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