Stuffed Peppers
RECIPE

Stuffed Peppers



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.

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



Spanish Style Rice

Cooking time

40 mins

Ingredients

13 items



Herby Chicken with Pesto

Cooking time

40 mins

Ingredients

12 items

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