

'What's Cooking!' Recipe Cards

Stuffed Peppers

**Food Fact:-**

Peppers are an important source of vital nutrients having high levels of vitamins C and A and also carotenoids which are important for skin and eyesight.

Preparation time **10 MINS**

Serves 4/6

Cooking time **19 MINS**

**Ingredients**

1. Arrange pepper halves in a microwave safe baking dish. Cover dish with cling film. Poke a few holes in the cling film for vents, and cook on FULL POWER in the microwave for 6 mins. or until tender.
2. In a medium bowl, mix tomatoes and their liquid, rice and water. Cover with cling film, and cook on FULL POWER for 4 mins.
3. Stir spring onions, Sweetcorn, kidney beans and red chilli flakes into the tomato mixture. Cook on FULL POWER for 3 mins.
4. Spoon hot tomato mixture evenly into pepper halves, and cover with cling film. Poke a few holes in the plastic to vent steam, and cook on FULL POWER for 6 mins.
5. Remove cling film, sprinkle with mozzarella cheese and Parmesan cheese & allow to stand 1 - 2 mins before serving with a crispy salad.
(Tomatoes would make a good alternative to peppers)

3 large red peppers, halved and seeded

1/2 (400g) tin chopped tomatoes, with liquid

5 tbsp precooked brown rice

2 tbsp hot water

2 spring onions, thinly sliced

small can (125gm) sweetcorn, drained

1/2 400gm can kidney beans, drained and rinsed

1/4 tsp crushed red chilli flakes (to taste)

60g grated/chopped mozzarella cheese

1 tbsp grated Parmesan cheese

