



Vegetarian Stuffed Capsicums

Makes: 16 stuffed Peppers

INGREDIENTS:

Roasted Capsicum

- 8 large red capsicums, halved from stem to base, seeds and membranes removed
- 2 tablespoons extra virgin olive oil, as needed
- Fine salt and freshly black pepper, for sprinkling

Filling and topping

- 1 cup long-grain brown rice (or 3 cup cooked rice)
- 4 tablespoon extra virgin olive oil
- 2 large yellow onion, chopped
- 1 teaspoon fine salt, to taste
- 2 cups cherry tomatoes, halved or quartered if large
- 1 cup chopped fresh coriander plus more for garnish
- 8 cloves garlic, pressed or minced
- 1 teaspoon chilli powder
- 2 teaspoons ground cumin
- 2 cans (1 ½ cups) pinto beans, rinsed and drained
- Freshly ground black pepper, to taste
- 2 tablespoon lime juice
- 8 ounce (about 2 cups) grated part-skim mozzarella or cheddar
- Optional garnishes: sliced ripe avocado or guacamole, perhaps a drizzle of red salsa, sour cream or vegan sour cream



METHOD:

1. *To roast the capsicums:* Preheat the oven to 220 degrees. Place the halved capsicums in a large 9 by 13 inch baking dish, or on a rimmed baking sheet lined with parchment paper. Drizzle 1 tablespoon olive oil over the capsicums and sprinkle them with salt and pepper. Use your hands to rub the oil all over both sides of the capsicums, then arrange them with the cut by a fork. Set aside. Leave the oven on for baking the capsicums.
2. *In the meantime, cook the rice:* Bring a large pot of water to boil. Rinse the rice in a fine-mesh colander until the water runs clear. Add the rice to the boiling water and continue boiling, uncovered, for 30 mins (reduce the heat as necessary to prevent overflow). Drain off the remaining cooking water and return the rice to the pot. Set aside.
3. *Prepare the filling:* In a large skillet over medium heat, warm 2 tablespoons olive oil until simmering. Add the onion and ½ teaspoon of the salt. Cook, stirring often, until the onion is tender, about 5 minutes. Add the tomatoes and cook until they are lightly squishy, another 5 mins or so.



4. Add the coriander, garlic, chilli powder and cumin. While stirring cook until the garlic is fragrant, about 30 to 60 seconds.
5. Remove the pot from the heat and add the rice, beans, lime juice and about 10 twists of black pepper. Stir to combine, then season with additional salt and black pepper, to taste.
6. To stuff the capsicums, first pour off any excess juice pooled within the capsicums. Then stuff each capsicum generously with the rice mixture (if the capsicums were truly large, you should have just the right amount of filling – if you have extra, save it to serve as a side dish). Top the capsicums with the cheese.
7. Bake at 220C for 12 to 13 minutes, until the cheese is golden in spots. Serve warm with fresh coriander leaves on top or any other garnishes of your choice.