



— Spiced — Stuffed Capsicums

Serves 4

Prep time: **15 mins**
Cook time: **35 mins**

Ingredients

- 4 large capsicums (red or yellow)
- 1 tbsp canola oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 inch piece of ginger, peeled and grated
- 1 – 2 chillies, deseeded and sliced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 85g cooked brown rice or basmati rice
- 1 large carrot, peeled and grated
- ½ eggplant, cut into 1cm cubes
- 300g minced meat
- 1 tbsp fresh coriander, chopped
- 100ml water

Method

- Preheat oven to 180°C.
- Cut the tops off the capsicums and set aside. Discard the seeds from each capsicum. Place the capsicums in a large bowl and cover with boiling water. Leave to soak for 10 minutes then drain and set aside.

- Heat 1 tbsp canola oil in a non-stick frying pan. Add the onions, ginger, chillies and sauté for 2 minutes.
- Sprinkle in the ground spices and continue to cook for another minute.
- Add the minced meat and eggplant, sauté for another 5 minutes or until the minced meat is cooked.
- Remove from heat and stir in rice, carrots, chopped coriander and pepper to taste. Stir well, then use to stuff the capsicums.
- Place the stuffed capsicums in an ovenproof dish large enough to allow the capsicums to stand upright.
- Put the tops on the capsicums, pour 100ml of water around the base.
- Cover loosely with foil or lid and bake for 20 – 25 minutes.
- Serve hot.

Nutrition Information

(Per serving)

Energy: **357 kcal**

Protein: **27.7g**

Total fat: **12.2g**

Carbohydrates: **40.8g**

Dietary fibre: **5.3g**

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Vegetables are great for adding extra colour and flavour to your dishes. They are also rich in fibre, to keep you feeling fuller for longer. Plus, it helps control your blood-sugar levels.

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