

Stuffed capsicums



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Serves: 4
Preparation time: 10 minutes
Cook time: 45 minutes

Ingredients

- 4 red or yellow medium sized capsicums (to fill)
- 1 tbsp olive oil
- ½ brown onion, diced finely
- 100 g mushrooms, sliced thinly
- 2 tomatoes, diced
- 400 g can mixed beans, rinsed and drained
- 100 g feta cheese, crumbled
- ¼ cup pine nuts
- ¼ cup flat leaf parsley, chopped
- 1 cup cooked brown rice

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Slice the tops off the capsicums, put aside for later. Scrape seeds out of bottom section and place into a baking dish.
3. Heat oil in a fry pan over medium heat and sauté onion and mushrooms until soft.
4. Remove from heat and place in a bowl with tomatoes, beans, feta, pine nuts, parsley and rice. Stir to combine.
5. Spoon filling into capsicums and place the capsicum tops back on.
6. Bake in oven for 35-45 minutes, or until capsicum is cooked to your liking.



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This recipe is high in vitamins, minerals, fibre and antioxidants. A diet high in fibre and antioxidants can help to cut your cancer risk. These stuffed capsicums are packed full of nutrients and are a great way to boost your vegetable intake.