

Exotic Stuffed Peppers

musclefood
Premium nutrition for peak performance

Ingredients

- **230g** Lean Great British Beef Mince
- **1 tbsp** olive oil
- **4 medium** bell peppers
- **120g** golden raisins
- **200ml** Passata
- **60g** stuffed green olives – sliced
- **1 clove garlic** – minced
- **1 tsp.** Cinnamon
- **2 tsp** ground cumin
- **Grated** Parmesan
- **240g brown rice** – cooked



Cooking method

TO COOK

1. Preheat your oven to 205C and chop the top off the peppers, removing the seeds and white skin. Place these onto a foiled baking sheet
2. Heat 1 tbsp. olive oil in a non-stick pan over a medium heat and add the beef, garlic, cinnamon and cumin.
3. Cook until the beef is just browned (3-4 minutes) then add the raisins and Passata
4. Continue to cook until the mix begins to simmer.
5. Remove the pan from the heat and add the cooked rice and olives.
6. Stir to combine then, using a tablespoon, spoon equal amounts of the mix into the peppers.
7. Replace the tops and cover the baking tray with more foil.
8. Place the tray in the hot oven for 15 minutes, or until the peppers are soft.

Serves: 4

15g

PROTEIN

260

CALORIES

41.2g

CARBS

301.6mg

SODIUM

5.3g

FAT

1.2g

SAT. FAT

5.7g

FIBRE