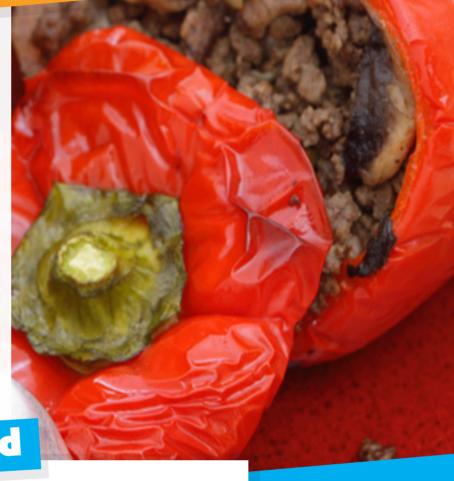


Exotic Stuffed Peppers

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

260CALORIES

41.2g CARBS

301.6mg

SODIUM

5.3g

1.2g SAT. FAT

5.7g FIBRE