

Stuffed Peppers, Spicy Rice



Ingredients

For the spicy rice

- 1 cup of rice
- 2 cups of water
- 1 finely diced onion
- 1/2 tsp garlic powder
- 1/2 tsp chilli powder

For the rest of the dish

- 100g leftover chicken from your roast, shredded
 - 4 large peppers
 - 120g breadcrumbs
 - 250g mozzarella
- 50g parmesan cheese
 - 30g fresh parsley
 - 1 tbsp oil
 - 250g passata
- 1/2 tsp garlic powder or granules
 - 1/2 tsp black pepper
 - 1 tsp salt

Methods

1. Half and deseed the peppers
2. Mix everything except the mozzarella in a large mixing bowl.
3. Stuff the peppers with the mix. And put the mozzarella on the top.
4. Put a cup of water into the base of a deep oven tray and then sit the filled peppers in the tray. Cover the tray tightly with foil.
5. Pop in the oven at 180c for 30 minutes. Uncover and pop back in for another 5 minutes.

Let's make the spicy rice

1. Thoroughly wash the rice in running cold water until the water runs clear.
2. Add the rice and cold water to a pot. Add the onion, chilli powder and garlic powder.
3. Cover and put on the heat. Bring to the boil and cook for 15 minutes or until the water has been absorbed.