

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 mozzarella on top.
4. Put a cup of water into the base of a deep oven tray and sit the filled peppers in the tray. Cover tightly with foil.
5. Bake in the oven at 180°C for 30 minutes. Uncover and bake for another 5 minutes.

Let's make the spicy rice

1. Wash the rice in running cold water until the water runs clear.
2. Add rice, cold water, onion, chilli powder, and garlic powder to a pot. Cover and bring to a boil. Cook for 15 minutes or until the water has been absorbed.