

Mediterranean Stuffed Capsicums



The perfect way to sneak more veggies into your meals.

Ingredients

2 large red capsicums, cut in half lengthways (membranes and seeds discarded)

1 onion, peeled and chopped

500 g lean beef mince

250 ml pasta sauce

Method:

1. Heat a little olive oil in large nonstick frying pan, add onion; cook, stirring, until tender.
2. Add beef and cook, stirring, until browned.
3. Add pasta sauce, bring to a gentle boil. Reduce heat; simmer, uncovered, 10 minutes, stirring occasionally, season to taste.

4. Meanwhile, line a baking dish with baking paper. Lay the 4 capsicum halves inside.
5. Fill each with the mince mixture. Bake, uncovered, for 40 minutes or until capsicums are tender.