

Mexican Stuffed Capsicums



Use your leftover chilli or bolognese to make these healthy and delicious stuffed capsicums.

Ingredients

3 capsicums
2 garlic cloves, crushed
3 frozen spinach portions, thawed
1 cup brown rice and quinoa, cooked
1 cup leftover sweet potato and black bean chilli or any leftover bolognese
3/4 cup grated light cheddar cheese
extra virgin olive oil for cooking

Method:

1. Preheat the oven to 190C
2. Cut the capsicums in half, removing the seeds. Lay them on a lined baking tray and drizzle olive oil over the capsicums and bake in the oven for 15 minutes. When the edges are beginning to brown remove them from the oven.

3. In a pan over medium heat, drizzle some olive oil and cook the spinach with the garlic, stir through the cooked rice, tossing for 2-3 minutes. Add the leftover vegetarian chilli and season to taste.
4. Stuff the capsicums with the bean and rice mix. Sprinkle some cheese over and return them back into the oven and bake for 10-15 minutes until the cheese has melted.
5. Remove from the oven, and serve warm.