

WEEK



RECIPE OF THE WEEK

By **David Gillick**
Nutrition Support

DAVID'S RECIPE OF THE WEEK

STUFFED PEPPERS AND TOMATOES

(LIGHT DINNER)

INGREDIENTS (SERVES 2)

150g Quinoa	2 teaspoons paprika
2 large vine-ripened tomatoes	1/2 teaspoon dried red chili flakes
2 large peppers of varying colors	300g lean lamb mince
1 tbsp. olive oil	60g reduced-fat feta
1 red onion, finely chopped	2 handfuls finely chopped coriander
2 garlic cloves, crushed	2 handfuls finely chopped fresh mint

METHOD

1. Preheat oven to 160°C. Line a large baking tray with non-stick baking paper.
2. Place the quinoa in a saucepan and cover with boiling water, you will need about twice as much water as quinoa. Put a lid on the saucepan and bring to boil and allow to simmer. The quinoa is ready when all the water has been absorbed. Allow to cool.
3. Gently cut the tops off each tomato and put to one side. Scoop out seeds leaving a thick shell of tomato, roughly chop and put to one side. Repeat with the peppers, chop off the top and this time scoop out the seeds and discard.
4. Place a large frying pan over medium heat and add the oil. Add onion and fry until soft, stirring occasionally for 3–4 minutes. Add garlic, paprika and chili flakes, cook for 2 minutes more.
5. Place onion mixture into a large bowl with reserved tomato pulp, cooked quinoa, lamb mince, feta and coriander. Stir until all ingredients are well combined and season with pepper.
6. Stuff tomatoes and pepper shells with the quinoa mixture placing them onto prepared tray. Bake in preheated oven for 10 minutes. Keep checking on the vegetables and cook for a further 20–25 minutes, or until they are tender, stuffing is golden and mince is cooked through.
7. To serve, garnish with some fresh crumbled feta and chopped mint.