

## Stuffed Red Peppers

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Serves 4

### **Ingredients: -**

4 - large red peppers cut in half and de-seeded

225g/8oz - cooked long grain rice

10ml/2 tsp - virgin olive oil

2 - cloves garlic, crushed

2 - onions, peeled and chopped

400g/14oz - can tomatoes

45ml/3 tbsp - tomato puree

30ml/2 tbsp - chopped fresh parsley

15ml/1 tbsp - chopped fresh thyme

60ml/4 tbsp - red wine

75g/3oz - cashew nuts

Ground black pepper

### **Method: -**

Bring a large pan of water to the boil, part-boil the peppers for 5 minutes, drain and cool quickly.

Put the halves of pepper into a large lightly greased ovenproof dish.

Heat the olive oil in a large non-stick pan and fry the onions until soft, add the garlic and cook



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for 2 minutes.

Add the remaining ingredients, except the rice, and simmer for 20 minutes.

Add the rice and thoroughly mix.

Stuff the peppers with the mixture.

Any left over mixture can be put in the dish around the peppers.

Cook for 25 minutes at 180°C/350°F/gas mark 4.

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