

Mushroom, Feta and Tomato Baked Peppers

Serves 2



PROJECT FOOD

A helping hand to healthy eating

Ingredients

4 sundried tomato pieces, drained
2 tsp sunflower oil
175g mushrooms, diced
20g hazelnuts
1 garlic clove
50g dry breadcrumbs
Small bunch of parsley, chopped
1 tsp chilli flakes (optional)
100g feta cheese or soft goats cheese
2 medium sized red or yellow peppers
Freshly ground pepper



Method

1. Preheat the oven to 220c/Fan 200c/Gas 7. Roughly chop the sun dried tomatoes. Heat the oil in a large pan and stir fry the mushrooms over a high heat for 4 mins.
2. Add the roughly chopped hazelnuts and fry for a further minute until the nuts are lightly toasted. Season with a good grind of black pepper and remove from the heat.
3. Stir in the tomatoes, garlic and breadcrumbs, parsley and chilli flakes until thoroughly combined. Break the cheese into small chunks and toss them lightly through the stuffing mix.
4. Cut the peppers in half from top to bottom and remove the seeds and membrane.
5. Place the peppers in a small foil lined roasting tin, cut side up, and fill each half with the feta and mushroom stuffing. Cover them with a small piece of foil and bake for 25 mins until tender, remove the foil and bake for a further 10 mins.
6. Serve warm with a salad or leafy green vegetables.

Top tips

Stuffed peppers are so versatile so why not try different types of filling. These are a few ideas that work well.

Chilli con carne with rice
Couscous with feta cheese and dried fruit
Roasted vegetables, tomato sauce and rice
Mushrooms, low fat cream cheese and spinach

Let us know what combination you try.

Fruity rice salad

Serves 4 as a lunch or 6 as an accompaniment



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Ingredients

- 125g easy cook wholegrain rice
- 2 tsp olive oil
- 1 small red onion, finely chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp ground turmeric
- 2 tbsp cold water
- Juice and zest of 1 unwaxed lemon
- 200g pineapple chunks (see tips box)
- 1/2 cucumber
- 100g red grapes
- Large handful of fresh coriander, roughly chopped



Method

1. Half fill a medium saucepan with water and bring to the boil. Add the rice and stir well and bring it back to the boil. Cook for 10 mins until tender.
2. While the rice is cooking, prepare the other ingredients. Heat the oil in a frying pan and fry the onion for 3-4 mins until it starts to soften. Add the cumin, coriander and turmeric and cook together for 30 seconds, stirring constantly. Add the water and cook until the water has evaporated, stirring constantly. Take the pan off the heat and add the lemon juice and zest and stir well.
3. Chop the cucumber into cubes and half the grapes. Put in a serving bowl and add the chopped pineapple.
4. Drain the cooked rice and rinse in a sieve under cold water until cold. Drain thoroughly and tip into the pan with the spices and onion. Stir well until the rice is well coated in the spice mix. Stir the rice into the bowl with the fruit, add the chopped coriander and mix well.

Tinned Fruit

For this recipe, it is perfectly fine to use tinned pineapple.

Tinned fruit is a great way of buying small quantities and an affordable price and a easy to keep a stock in your cupboard.

Remember, when buying tinned fruit, make sure it is in juice, not syrup. If you are unable to find the fruit you are looking for in juice, make sure you rinse thoroughly before you use it.

Tinned fruit in it's own juice counts as one of your five a day.