SHOPPING LIST

Stuffed Peppers with Herbed Rice and Pine Nuts

Serves 4

- [ ] 4 large bell peppers, any colour
- [ ] 200 g long-grain rice
- [ ] 2 tbsp olive oil
- [ ] 1 onion, finely chopped
- [ ] 2 cloves garlic, chopped
- [ ] 3 tomatoes, chopped
- [ ] 50 g raisins
- [ ] 40 g pine nuts, toasted
- [ ] 1 tsp ground cinnamon
- [ ] 3 tbsp chopped dill
- [ ] 3 tbsp chopped mint
- [ ] Juice of 1 lemon
- [ ] 300 ml hot vegetable stock
- [ ] Salt and black pepper

Tick off what you already have at home.