FRESH & COOL

# Stuffed Peppers with Herbed Rice and Pine Nuts

| PREP | COOK | SERVES |
|---|---|---|
| 25 min | 55 min | 4 |

Vegan Vegetarian

Sweet roasted peppers filled with lemony herb rice, tomatoes, raisins and toasted pine nuts.

## Ingredients

- 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

## Method

1. Heat the oven to 190 C. Cut the tops off the peppers and remove the seeds. Keep the tops.
2. Soften the onion in the oil for 5 minutes. Add the garlic, rice and cinnamon and stir for 1 minute. Add the tomatoes, raisins, half the herbs, the lemon juice, salt and pepper.
3. Spoon the rice mixture into the peppers, about three-quarters full, and place them upright in a snug baking dish. Put the tops on.

4. Pour the hot stock around the peppers, cover with foil and bake for 40 minutes. Remove the foil and bake for 10 to 15 minutes more.
5. Scatter with pine nuts and the remaining herbs before serving.

### Cook's tip

Fill the peppers only three-quarters full. The rice swells as it cooks and needs space to expand.