



Recipe Category / Stews

# Stuffed peppers

20'  
Hands on

30'  
Cook Time

2-4  
Portion(s)

1  
Difficulty



## Ingredients

- 2 green bell peppers
- 2 yellow bell peppers
- 4 tablespoon(s) olive oil
- salt
- pepper
- 1 onion
- 1 clove(s) of garlic
- 200 g basmati rice, boiled
- 200 g canned tomatoes
- 100 g cheddar, grated

To serve

- 2 tablespoon(s) parsley, finely chopped

## Διατροφικός πίνακας

Nutrition information per portion

307 Calories (kcal)	17.0 Total Fat (g)	6.7 Saturated Fat (g)	25.0 Total Carbs (g)
15%	24%	34%	10%
11.0 Sugars (g)	9.8 Protein (g)	5.2 Fibre (g)	0.71 Sodium (g)
12%	20%	21%	12%

## Method

- Preheat the oven to 180° C (350° F) set to fan.
- Cut the top of the peppers, about 1 cm below the stem.
- Remove the seeds and put the peppers in a 20x20 cm [baking pan](#).
- Brush them with half of the olive oil and season with salt and pepper.
- Heat the rest of the olive oil in a frying pan over medium heat.
- Finely chop the onion and the garlic.
- Sauté the onion and the garlic for 2-3 minutes, until they are slightly softened.
- Add the rice and mix with a serving spoon.
- Add the canned tomatoes, salt, and pepper. Mix and remove the pan from the heat.
- Divide the stuffing among the peppers, sprinkle with the grated cheddar, and cover the pan with aluminum foil.
- Bake in the oven for 15-20 minutes.
- Remove the aluminum foil and bake them for another 10 minutes.
- Remove the baking pan from the oven, sprinkle with the finely chopped parsley, and serve.