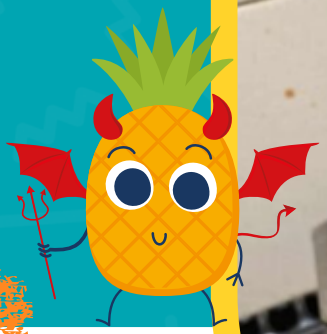
Spooky stuffed peppers





Ingredients

Makes 6

- 1 onion, diced
- 3 cloves garlic, crushed
- 500g lean beef mince (or meat-free alternative)
- 2 x 500g tomato passata
- 250g pouch cooked grains of choice (rice, quinoa, bulgur wheat etc)
- 3 orange peppers
- 3 green peppers
- 6 pitted black olives
- 120g grated mozzarella



Method

1. Heat 1 tbsp olive oil in a large pan. Add the onion and garlic to the pan and sauté for 2 minutes.
2. Add the beef mince and cook until browned.
3. Stir in the passata and leave to simmer for 5 minutes.
4. Add your grains of choice and stir until well combined. Leave to simmer for a further 5 minutes.
5. Meanwhile, preheat your oven to 200°C/gas mark 6 and start to prepare the peppers.
6. Cut off the tops of the peppers, setting aside. Use a metal spoon to deseed the peppers.
7. Using a small knife, carefully carve faces into the orange peppers to look like a jack o'lantern. For the green peppers, carefully carve Frankenstein faces and olive-sized holes on either side of the face. Place a black olive in the holes on either side of the green peppers to create Frankenstein's bolts.
8. Split the mince filling equally between the 6 peppers and fill.
9. Top the filling of each pepper with 20g grated mozzarella and replace the tops of the peppers.
10. Place the peppers standing up on a baking tray. Bake in the oven for 25-30 minutes, then serve.

Beezee top tip:

Want to make these peppers look extra spooky? When cutting off the top of the pepper, you can cut in a zig-zag pattern for a monster-like look!



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