

## **STUFFED VEGETABLES**

Source: The Vegetarian Kitchen by Linda Frazer  
Serves 4



Pre-heat oven to  
190°C (fan 170°C)

- Aubergine - 1
  - Green pepper – 1 large
  - Tomatoes – 2 large
  - Onion, chopped – 1 large
  - Garlic, crushed – 2 cloves
  - Olive Oil - 3 TBSP
  - Brown rice - 1 cup
  - Vegetable stock – 2½ cups
  - Pine nuts - 1 cup
  - Currants - 1/3 cup
  - Fresh dill, chopped – 3 TBSP
  - Parsley, chopped - 3 TBSP
  - Fresh mint – 1 TBSP
  - Extra olive for drizzle
  - Salt and Pepper (fresh ground)
  - Fresh dill sprigs to garnish
- 1.** Halve the aubergine, scoop out pith and chop finely.
  - 2.** Salt insides and turn upside down and drain – 20min.
  - 3.** Halve pepper, removing seeds and core (keep stems to preserve shape).
  - 4.** Chop off tops of tomatoes, scoop contents from lower part, and chop roughly with tops.
  - 5.** Cook onion, garlic and chopped aubergine in oil for 10 minutes.
  - 6.** Stir in pre-cooked rice and cook for 2 minutes.
  - 7.** Add tomato flesh, stock, pine nuts, currants and seasoning. Bring to boil, cover, lower the heat and simmer for 15 minutes and stir in the herbs.
  - 8.** Blanche aubergine and pepper halves in boiling water for 3 min, then drain upside down on paper towels.
  - 9.** Spoon the rice filling into all 6 vegetable shells, place in a lightly greased shallow baking dish, drizzle some oil over them and bake for 25-30 minutes.

*Serve hot with dill sprigs*