

STUFFED PEPPERS AND LENTILS

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Serves 4



- Red, yellow and green capsicum peppers, with stems on, halved lengthwise (and through stems) pith and seeds removed – 2 of each
- Extra virgin olive oil – 4 TBSP
- Puy lentils, rinsed – 75g
- Basmati and wild rice mix – 150g
- Cinnamon stick, crushed into chards – ½
- Fresh bay leaves, halved – 6
- Garlic, crushed– 2 cloves
- Jumbo raisins and golden sultanas, mixed
- Vegetable stock (boiling) – 450ml
- Baby leeks, finely sliced crosswise – 200g
- Sea-salt flakes -1½ tsp

Pre-heat the oven to 180°C (fan 160°C)

1. Rub or brush a little olive oil around the inside of the pepper halves. Set them, cut sides up, on a slightly oiled ovenproof dish.

2. Cover the lentils with at least 10cm boiling water and boil hard for 10 minutes, reduce the

heat and cook for 20 minutes until chewy, then drain.

3. Put the rice, cinnamon, bay leaves, garlic, dried fruits and the stock or water into a medium saucepan. Stir and bring to boil. Cover the pan. Then lower the heat and simmer for 10 minutes. Add the lentils to the rice pan, along with the leeks. Cook, covered for 5 minutes and season to taste.

4. Stir in the remaining oil. Divide the par-cooked rice filling and its liquid evenly among the pepper halves; cover with foil and bake for 35-45 minutes until tender.

To Serve

warm or cool with extra olive oil and balsamic vinegar