



Spicy Stuffed Capsicum

AN EASY AND HEALTHY MEAL TO MAKE YOU TO STAY ON TRACK WITH YOUR FITNESS AND NUTRITION AND KEEP YOU FULL LONGER.

Ingredients:

- 1 tablespoon vegetable oil
- 1 brown onion, finely chopped
- 400g lamb mince
- 1 tablespoon Rogan josh curry paste

- 400g can diced tomatoes
- 3/4 cup frozen peas
- *For extra heat - 1 small red chili chopped
- 400g can brown lentils, drained, rinsed
- 1/3 cup chopped fresh coriander leaves
- 4 (200g each) small green capsicums

Method:

Heat oil in a frying pan over medium-high heat. Add onion. Cook, stirring, for 3 to 5 minutes or until soft. Add mince. Cook, stirring with a wooden spoon to break up mince, for 5 minutes or until browned. Add curry paste and/ or chilli. Cook, stirring, for 30 seconds or until fragrant.

Add tomato and lentils. Bring to the boil. Reduce heat to medium-low. Simmer for 10 minutes or until mixture thickens. Stir in peas and coriander. Remove from heat.

Cut a thin slice from the base of each capsicum (so they sit flat). Cut tops from capsicums. Using a spoon, scoop out seeds and membrane. Spoon mince mixture into capsicums.

Place a bamboo steamer over a saucepan of simmering water. Line steamer with baking paper. Place capsicums in steamer. Cover. Steam for 15 to 20 minutes or until capsicums are tender. Serve. (Maybe add a little Greek yogurt and mint to drizzle)

