



Posted on 17 September 2012

by ewfood

Stuffed Peppers



Ingredients

6 oz. rice, cooked
olive oil
1 onion, diced
8 oz. mushrooms, diced
1 stalk celery, diced
1 clove garlic, minced
1 tsp. dried oregano
2oz. parmesan, grated
salt and pepper to season
4 large red capsicum (or green)
2 oz. mozzarella, grated

Preparation

- 1 Preheat the oven to 180°C
- 2 In a skillet sauté the onion until translucent, then add the celery, garlic and mushrooms, continue to cook until the onion has slightly browned and the celery has softened
- 3 Add the rice, season and sauté for an additional 2-3 minutes
- 4 remove from heat and stir in the parmesan
- 5 Core the red peppers and stuff them full of the rice and mushroom mixture
- 6 Bake for 30 minutes, remove from the oven and top the capsicum with mozzarella, bake for an additional 10 minutes, serve immediately.

Cooks Note
