

# Stuffed Peppers



## Ingredients

### Mince recipe

3 garlic cloves  
2 onions  
Drizzle olive oil  
1kg beef/pork mince  
1 beef/pork stock cube  
2 tbsp oregano  
1 tsp salt + pepper  
2 tbsp paprika  
Glug of red wine  
2 carrots  
200g mushrooms  
50g peas

### Bechamel sauce

Equal quantities of butter and flour  
Milk  
Salt + pepper  
Dijon mustard (optional)

4 bell peppers  
50g grated cheddar cheese

## Equipment

Chopping board  
Sharp chopping knife  
Large casserole dish  
Saucepan  
Whisk  
Cheese grater  
Large serving dish

## Method

1. Preheat the oven to 200°C.
2. Start by preparing all the ingredients for the mince (as it will be easier, later on). Chop the onions, carrots, and mushrooms roughly into small pieces and leave on one side. Put a large casserole dish over a medium-high heat, crush and finely chop the garlic, then add with the olive oil and chopped onions. Stir with slotted spoon until soft.
3. Meanwhile, in a separate frying pan drizzle olive oil and brown the mince on a high heat, whilst moving with the slotted spoon, to stop it from sticking. Then add it to the casserole pot. Alternatively, just add the mince without frying, and cook until it has browned, but it will have less flavour. Turn down the heat to medium-low and add the stock cube. Mix for a few minutes longer.
4. Once brown, lower the heat so it is simmering. Add the tinned tomatoes and stir until combined. Then add the oregano, salt, pepper and paprika. Continue mixing. If there is an open bottle of red wine, add a glug, and mix in. Allow the alcohol to evaporate off. If the sauce is quite watery then allow to reduce slightly. Add the carrots, mushrooms, and peas. Put the lid on, slightly ajar, and allow to simmer for 30 minutes, stirring after 15 minute.

5. Make the bechamel sauce: add equal quantities of butter and flour into a saucepan. Melt and stir to make a roux in a saucepan. Add milk and whisk consistently. Season with salt and pepper and add a spoon of Dijon mustard (optional). Add grated cheese until combined.
6. Cut the top off the peppers and scoop the inside clean of seeds. Place into a dish facing upwards.
7. Fill the peppers with mince until  $\frac{1}{2}$  cm from the top, and then add the bechamel to the top. Cover all 4 peppers with the grated cheese and place in the oven for 20 minutes or until the cheese has melted and is bubbling and the peppers are soft. The top should be lightly browned.