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

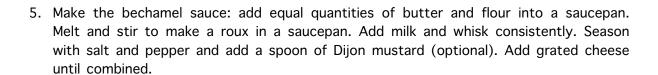
Whisk

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.



- 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 ½ 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.