



# Stuffed scary pepper faces

Prep: 10 minutes • Cook: 45 minutes • Serves: 4



## Ingredients

120g red lentils, dried  
1 tablespoon vegetable oil  
1 onion, finely chopped  
2 garlic cloves, crushed or finely chopped  
1cm fresh ginger, grated or finely chopped  
1 teaspoon tomato purée  
1 teaspoon ground cumin  
1 teaspoon garam masala  
200g basmati rice  
1 low salt vegetable stock cube  
850ml water, boiling  
20g mint leaves, fresh  
8 peppers (red, yellow and orange are best)

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Carbohydrate **76.5g**  
Low protein ✓  
Low salt ✓  
Cost per portion (July 2023) **£1.86**  
Energy in kcals **400**

- 1** Heat the oven to 200°C / 180°C fan / gas mark 6. Wash the dried lentils and then set aside to drain.
- 2** Heat the oil in a large saucepan with a lid. Add the onion, garlic, and ginger, then gently cook on a low heat for 5 minutes until softened. Stir in the tomato purée and spices and cook for a further minute.
- 3** Add the rice and stir well. Make up the vegetable stock and pour over the rice. Bring to the boil then add the lentils.
- 4** Cover with the lid and leave to cook over a low heat for 15 minutes until the lentils and rice are cooked. Roughly chop and stir through the mint.
- 5** Slice the top off each pepper, cut out the stalk and scoop out the seeds. Cut a spooky face into the side of the peppers. Carefully cut a flat surface onto the bottom of the peppers so they stand upright, ensuring you don't create a hole in the bottom.
- 6** Place the peppers in a lightly greased baking dish. Fill each pepper with the rice mixture and place the pepper lid on top. Cook for 25-30 minutes, or until the peppers have softened and begun to colour. Serve two per person for a main meal, or one each for a party snack.