

Halloween Stuffed Peppers

55–65 Min

Preparation

1. Preheat the oven to 180 °C. Cut off the tops of the peppers, including the stems, and set them aside. Remove the seeds from inside the peppers. Using a small knife, carve a pumpkin face into one side of each pepper, with triangular eyes, a nose and a jagged mouth.
2. Cook the rice for 5 minutes, then drain. Finely chop the onion. Add the onion, meat, rice, tomato sauce, egg and seasoning to a bowl and mix well. Arrange the carved peppers upright in a baking dish and fill them with the meat and rice mixture using a spoon.
3. Pour about 100 ml of water into the bottom of the baking dish, cover the dish with aluminium foil and bake for 30 minutes. Remove the foil, then add cheese underneath the top of each pepper. Replace the pepper tops and bake uncovered for another 10 minutes or so, until the peppers are tender and the cheese has melted and lightly browned.

Ingredients 6 Portions

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6	Large mixed-colour bell peppers
500 g	Ground meat (beef, pork or chicken)
1	Yellow onion, finely chopped
100 g	Long-grain rice
1	Egg
100 ml	Tomato sauce
0.5 Pkg.	Tex-Mex
50 g	Grated cheese (Gouda, Cheddar or Mozzarella)