

# Lamb-stuffed Baked Peppers



**Serves 4    Prep 15 mins**

**Cooking 1h**

**Easy**

## **Ingredients**

4 mixed red & green peppers  
olive oil  
400g lamb mince  
1 large onion, chopped  
1/2 tsp + a pinch cinnamon  
250g ready-cooked steamed basmati rice  
a small bunch parsley, chopped  
250ml passata + extra for the sauce  
100ml chicken or veg stock

1. Heat the oven to 200C/ Fan 180C/ Gas 6. Cut the tops off the peppers, remove and discard the seeds. Drizzle with a little oil. Sit them in a snug baking dish, cover with foil and put in the oven to start cooking while you make the filling.
2. Heat a non-stick pan and cook the lamb mince until browned all over (you won't need any extra oil for this). Add the onion and cook until completely softened, stirring now and again. Add the cinnamon and cook for a minute. Stir in the rice and parsley and mix really well.
3. Take the peppers out of the oven and spoon in the lamb mix. Mix the passata and stock with 2 tbsp olive oil. Season and add another pinch of cinnamon. Spoon over and around the peppers. Put the foil back on and bake in the oven for 1 hour. You want the peppers to be really tender and just holding their shape. Serve with a salad and the sauce from the pan spooned over.