

Mediterranean Turkey-stuffed Peppers



Serves 4

Prep 10 mins

Cooking 30 mins

Easy

Ingredients

2 red peppers (about 220g)

1½ tbsp olive oil, plus an extra drizzle

240g lean turkey breast mince

½ small onion, chopped

1 tsp ground cumin

3-4 mushrooms, sliced

400g can chopped tomatoes

1 tbsp tomato puree

1 chicken stock cube

handful fresh oregano leaves

60g mozzarella, grated

150g green vegetables (spinach, broccoli, mange tout or green beans) to serve

1. Heat the oven to 190C/ Fan 170C/ Gas 5. Halve the peppers lengthways, then remove the seeds and core but keep the stalks on. Rub the peppers with a drizzle of olive oil and season well. Put on a baking tray and roast for 15 mins.
2. Meanwhile, heat 1 tbsp olive oil in a large pan over a medium heat. Fry the mince for 2-3 mins, stirring to break up the chunks, then tip onto a plate.
3. Wipe out your pan, then heat the rest of the oil over a medium-high heat. Add the onion, stir-fry for 2-3 mins, then add the cumin and mushrooms and cook for 2-3 mins more.
4. Tip the mince back into the pan and add the chopped tomatoes and the tomato puree. Crumble in the stock cube and cook for 3-4 mins, then add the oregano. Remove the peppers from the oven and fill them with as much of the mince as you can. Top with the cheese and return to the oven for 10-15mins until the cheese starts to turn golden.
5. Carefully slide the peppers onto a plate and serve alongside a pile of your chosen greens, blanched, steamed or boiled.