

Family friendly



Turkey stuffed peppers

Serves 1

1 large red pepper

2 tsp olive oil

115g turkey breast mince

1 onion, peeled and diced

1 garlic clove, grated

1 tsp ground cumin

3 mushrooms, sliced

135g tinned chopped tomatoes

2 tsp tomato puree

1 vegetable stock cube

Small handful of fresh basil

35g mozzarella, grated

Green salad, to serve

Method

Preheat oven to 190°C.

Cut the pepper in half lengthways and remove all the seeds then stick the two halves on a roasting tray. Slide them into the oven and roast for 15 minutes.

While the peppers are cooking, heat half the oil in a large pan over a medium heat, add half the mince and fry for 2–3 minutes, stirring to break up the chunks and cook until nicely browned. Tip it out onto a plate, and then repeat this process with the rest of the mince.

When the meat has all been browned, add the onion and garlic then stir-fry for 2–3 minutes. Now go in with the cumin and mushrooms and cook for a further 2–3 minutes.

Throw the mince back into the pan and add the tinned tomatoes, tomato puree, stock cube and a little water to loosen it all up. Cook for a further 3–4 minutes until it's looking tasty, throw in the fresh basil. Fill the peppers with as much of the mix as you can and don't worry if some spills out over the side, it will go satisfyingly crisp in the oven. Top with the cheese and whack them in the oven until the cheese goes all gooey.

Carefully slide the peppers off the tray and onto a plate, then serve them alongside a green salad.