



REDUCED CARBOHYDRATE MEAL

Mediterranean turkey-stuffed peppers

INGREDIENTS (1 serving)

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FREEZABLE

- 245g (8.7oz) red bell peppers
- 10ml (0.4 fl. oz) olive oil
- 295g (10.5oz) ground turkey breast mince - under 8% fat
- 65g (2.4oz) white onion, diced
- 45g (1.6oz) mushrooms, sliced
- 1 garlic clove, grated
- 1 tsp cumin
- 215g (7.1oz) tinned chopped tomatoes
- 1 tbsp tomato paste
- 1 stock cube
- handful of fresh oregano
- 75g (2.6oz) mozzarella, grated
- 170g (5.9oz) green vegetables (spinach, kale, broccoli, pea pods or green beans)

An oldie, but a goldie. Stuffed peppers have been around for donkey's years. Filling them full of festive turkey mince will help you get lean for the new year.

METHOD

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Preheat oven to 190°C (fan 170°C, gas mark 5).

Cut the peppers in half lengthways and remove all the seeds, then stick them 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, 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 paste, 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 oregano. Fill the peppers with as much of the mix as you can - 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 steaming pile of your favorite greens blanched, boiled or steamed.