

Healthy Stuffed Capsicums Recipe

Ingredients:

- 4 red capsicums
- 2 tbsp olive oil
- 110g yellow onions, finely chopped
- 3 garlic cloves, finely chopped
- pinch of salt
- 450g turkey mince
- $\frac{3}{4}$ tsp salt
- $\frac{1}{4}$ tsp ground black pepper
- 1 tbsp dried basil
- 200g crushed tomatoes
- 75g baby spinach
- 200g fresh mozzarella cheese preferably buffalo, sliced
- Olive oil, for greasing

Method:

1. Preheat the oven to 200. Grease a baking dish, that will fit the number of capsicums being prepared, with olive oil.
2. Cut off the tops of the capsicum and discard the stems, membranes, and seeds. Place the capsicum in the baking dish, cut side up. If they are tipping, make a very thin slice across the bottom of the capsicum to level.
3. Heat the olive oil in a large frying pan, over medium heat. Sauté the onions for about 5 minutes or until soft, and then add the garlic and a pinch of salt. Stir together for another minute.
4. Add the turkey, salt, black pepper, and basil to the pan, stirring together for about 7-10 minutes, or until the turkey is cooked through. Reduce the heat to medium-low, and mix in the crushed tomatoes and spinach. Cover, and simmer for 10 minutes, and then remove from heat.
5. Stuff the capsicum with the turkey mix, leaving about $\frac{1}{2}$ cm space at the top to place the mozzarella cheese. Bake on the middle rack for 25-30 minutes, or until the cheese is melted and golden.



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