



## Roasted Red Peppers Stuffed with Fragrant Beef, Rice Pilaf, Feta Cheese, Pine Nuts and Raisins

Serves: 4

### TASTE OF CATER CARE FACT

Many countries have their own variation of the classic dish of stuffed peppers (capsicum). This recipe is inspired by Yemista, the stuffed pepper found on the islands of Greece. The filling is usually made with rice, minced meat, tomato, onion and parsley with some variations, including pine nuts, raisins or cinnamon. This style of filling is more commonly known as pilaf, with the earliest recipe for pilaf dating back to the 10th century from the Persian scholar Avicenna.

### INGREDIENTS

- 20ml Olive Oil
- 130gm Red Onion - top, tail, peel, halve and finely dice.
- 2 small Garlic Cloves - peel and finely chop.
- 325gm Beef Mince
- 1 ¼ tsp Dried Oregano
- 2 tsp Ground Cumin
- ¼ tsp Sweet Paprika
- ¼ Dried Chilli Flakes
- 325ml Vegetable Stock (salt reduced)
- 95ml Passata
- 145gm Basmati Rice
- 150gm Raisins
- 80gm Pine Nuts
- 150gm Feta Cheese - drain and lightly crumble.
- 25 leaves Mint - rinse, drain and finely shred.
- 50 leaves Coriander - rinse, drain and roughly chop.
- 50 leaves Flat-leaf Parsley - rinse, drain and roughly chop.
- To Taste - Sea Salt and Finely Ground Black Pepper
- 4 Red Capsicums - cut in half lengthways, remove seeds and membrane.
- As Required - Water
- As Required - Aluminium Foil
- As Required - Mint, Flat Leaf Parsley and Coriander
- Sprigs - rinse and drain.

### METHOD

1. Pre-heat an oven to a moderate temperature – 160°C.
2. Over a moderate heat, in a suitable ovenproof saucepan, add and heat the oil, add the onion and sauté, stirring regularly, until the onion has softened, add the garlic and continue to sauté for a further 30 seconds.



3. Add the beef mince and continue to sauté until it has broken up and is well browned.
4. Add the oregano, cumin, paprika and chilli flakes. Mix to combine.
5. Add the vegetable stock, passata and rice. Mix to combine. Bring to the boil. Remove from the heat. Cover with a tight fitting lid, place into the oven and cook for 25 minutes or until the rice is tender and the beef is cooked through. Remove from the oven. Add the raisins, pine nuts, feta cheese, and first quantities of mint, coriander and parsley. Mix to combine. Season to taste. Cover with the lid and allow the pilaf to stand for 10 minutes.
6. In a deep sided baking dish, add the capsicums cut side up. Evenly distribute rice pilaf between the capsicums, ensuring each is well filled and the pilaf is pushed into the capsicum. Pour the water into the base of the baking dish to a depth of 1cm, then cover it with aluminium foil, place in the oven and bake for 45 minutes or until the capsicums are tender. Remove from the oven.

## TO SERVE

Carefully place the capsicums onto a serving board or platter, and garnish with mint, flat-leaf parsley and coriander sprigs before serving.