



CREATE HEALTH

Health and Nutrition
Coaching

Stuffed Peppers

Easy, delicious and satisfying



55 mins



4 portions – 1 pepper each



£1.69 per portion

Ingredients

- 4 peppers
- 2 cups hot veg stock
- 1 cup quinoa – rinsed well in cold water
- 1 can black beans – drained and rinsed
- 1 cup of sweetcorn
- Small red onion – diced
- Small courgette – diced
- 2 cloves garlic – minced/ chopped
- 1 tsp cumin
- 1tsp chilli powder
- 1 tin chopped tomatoes
- ½ cup grated cheese
- Bit of olive oil
- parsley to garnish*

Instructions

- Pre heat oven – to 190
- Cut top of peppers; remove seeds and inside
- Lightly brush with olive oil and place stood up in an oven proof dish
- Add quinoa and stock to a pan, cover and simmer for 15 mins/ until liquid soaked up
- In a frying pan – cook onion and garlic until soft, add in black beans, courgette, sweetcorn, cumin, chilli powder and tomatoes
- Add veg to quinoa and mix well. Season to taste.
- Spoon mixture into peppers – gently packing it down
- Top with grated cheese
- Cover dish with foil and put in oven for 25 minutes
- Then remove foil and cook for 10-15 mins until peppers are softened.

*optional



Health benefits

- Quinoa (*Keen-waa*), a very popular alternative grain as it's a complete protein (has all 9 essential amino acids) with lots of health benefits;
 - Its high in fibre and protein so it's a good choice for weight management as helps you feel fuller for longer
 - Naturally gluten free so a great non-processed option for those who can't eat gluten
 - Can improve gut health by increasing good gut bacteria and reducing the inflammation
 - Heart-healthy as anti-inflammatory and contains omega-3s
- Black beans are a nutritional powerhouse;
 - high in protein,
 - high in fibre so are great for digestive health,
 - contain calcium, magnesium, phosphorous, zinc and iron all great for building and maintaining bone health,
 - Rich in antioxidants (polyphenols and flavonoids) helping prevent diabetes, heart disease, and cancer

Good to Know

- To stop toppling over in oven - place each papper in a muffin tray cup, or use a round cake tin
- Can cook in an airfryer as an alternative to oven
- Serve with a leafy salad for a light meal, or corn on cob and potatoe wedges for something more filling