

Recipe

EMPANADAS



STUFFED PEPPERS

Recipe: **BEA LUBAS**

INGREDIENTS

- 100g uncooked brown short grain rice (or 200g cooked)
- a glug of oil
- sea salt
- 3 red sweet pointed peppers (try to buy rounder and bigger ones, rather than flat ones, as they will make more space for the filling and will not flatten completely when baking)
- 1 onion, chopped
- 1 garlic, crushed
- 50g sundried tomatoes, chopped
- ½ tsp Spanish sweet smoked paprika
- black pepper to taste
- 5 green olives, chopped
- 40g Spanish cheese, like Iberico or Manchego
- 100g quartered fresh and sweet cherry tomatoes



TIME

30 Minutes



SERVING

Makes 6



CATEGORY

Main Course



ISSUE

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STEP 1 Cook the rice with the instructions on a packet.

STEP 2 Preheat the oven to 190°C. Halve the peppers through the stalks lengthwise, deseed but you can leave the stalks. Brush all over with olive oil and season with just a little bit of sea salt. Lay on a parchment-lined baking tray and roast for 15 minutes.

STEP 3 Meanwhile, heat a couple of tablespoons of oil in a large frying pan over a medium heat and fry the onions and garlic, until soft. Turn the heat off, add cooked rice and sundried tomatoes, and season with sea salt, black pepper and smoked paprika. You don't want the filling to be hot before you add the rest of the ingredients so if it is at this stage, allow it to cool down to room temperature, then add olives, cheese and fresh cherry tomatoes.

STEP 4 Spoon the rice into the peppers and return to the oven for 5 minutes.

STEP 5 I like to serve mine with few drops of chili oil and a green salad. ENJOY!!!!

TIP: Why not try these peppers with addition of chorizo or tuna chunks?