

AGROPHILIA

Stuffed Capsicum Quinoa



INGREDIENTS

- 100g (1/2 cup) quinoa, rinsed, drained
- 2 teaspoons olive oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 corn cob, kernels removed
- 1 small eggplant, finely chopped
- 100g mushrooms, finely chopped

- 1 large tomato, finely chopped
- 1 tablespoon fresh coriander, finely chopped
- 4 small capsicums, tops removed, reserved, seeds and membranes removed
- 65g (3/4 cup) coarsely grated cheese
- Micro herbs, to serve

PREPARATION METHOD

Step 1

Place quinoa and 250ml (1 cup) stock in a saucepan over medium heat. Bring to the boil. Reduce heat, cover, and simmer for 15 minutes or until the stock is absorbed. Set aside.

Step 2

Meanwhile, preheat the oven to 200C/180C fan-forced. Heat the oil in a large frying pan over medium heat. Cook the onion, garlic, and finely chopped mixed vegetables for 5-7 minutes or until softened. Add the tomato and the remaining 60ml (1/4 cup) stock. Simmer for 5 minutes or until the tomato softens and stock is absorbed. Remove from heat. Season. Stir in the herbs.

Step 3

Spray the capsicums with olive oil. Place in a lightly greased baking dish. Bake for 10 minutes. Remove from the oven and divide the quinoa mixture among the capsicums. Sprinkle with the cheese. Add the reserved capsicum tops to the tray. Spray with olive oil. Bake for 20-25 minutes or until capsicum is tender and cheese is golden. Serve topped with micro herbs.

Nutrition Facts

Serving Size

Servings Per Container 6

Amount Per Serving

Calories 253.0 Calories from Fat 52.2

% Daily Value*

Total Fat 5.8g 9%

 Saturated Fat 1.7g 9%

 Trans Fat 0g

Cholesterol 5.0mg 2%

Sodium 389.0mg 16%

Total Carbohydrate 39.8g 13%

 Dietary Fiber 6.8g 27%

 Sugars 6.3g

Protein 9.4g 19%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.