

STUFFED PEPPERS

Ingredients

- 250g Crazy Jack Easy Cook Long Grain Rice
- 4 large red peppers, halved lengthwise and deseeded
- 1 Clove garlic finely chopped
- 1 courgette finely diced
- 1 large onion finely chopped
- 1 tbsp olive oil
- 25g Crazy Jack Pine Kernels
- 1 tbsp tomato purée
- 1tbsp Crazy Jack Paprika
- 1 glass red wine

Method

1. Preheat the oven to gas mark 4, 180oC, 350oF
2. Boil the rice, following the instructions on the packet.
3. Place the peppers flat in a lightly oiled ovenproof dish.
4. Heat the oil and saute the onion, garlic and courgette for 2 minutes, add the pine kernels and cook for a further 2 minutes.
5. Stir in the rice and paprika, stirring well to combine. Add the red wine and tomato purée, and cook for 3 minutes. Taste and season.
6. Pile the rice mixture in into the pepper halves, pressing down well.