



Lentils for Life Cooking Session



Mexican stuffed peppers

INGREDIENTS

- 1/2 onion
- 1 tbsp oil
- 1/2 pack brown rice
- 1/2 tin green lentils
- 1 pack fajita seasoning mix
- 1 ball mozzarella cheese
- 2 peppers

NOTES

A whole packet of Fajita seasoning makes these quite spicy so use less if you don't like too much spiciness.

DIRECTIONS

1. Chop the onion and fry in the oil until soft.
2. Add the rice, drained and rinsed lentils and fajita mix and cook for a few minutes.
3. Grate the mozzarella and add half to the mix, (keeping the other half for later).
4. Cut the peppers in half and take out the seeds and inside bits to make space for the filling.
5. Spoon the lentil and rice mixture into the peppers and top with the remaining grated mozzarella.
6. Bake at 180°C on a tray in the oven for about 25 minutes or at 180°C in an air fryer for about 20 minutes until the peppers have started to soften and the mozzarella is golden.

2 servings
450 kcal/portion
10g Fibre/portion

