

Stuffed Peppers

Ingredients:

- 1 cup Tastic Jasmine Rice
- 1 onion
- 1 clove crushed garlic
- 1 tbsp olive oil
- 1 cup sweet corn
- ½ cup kidney beans
- 2 tbsp fresh coriander
- 1 cup finely diced tomato
- 1 tsp smoked paprika
- Salt & pepper
- 4 Bell peppers
- Grated cheddar cheese

Directions:

1. Soak 1 cup Jasmine Tastic rice for 15 minutes.
2. Bring the rice to a boil in lightly salted water, cook for 15 minutes.
3. Drain and set aside.
4. Brown 1 onion and 1 clove crushed garlic in olive oil.
5. Once browned add 1 cup sweet corn, 1/2 cup kidney beans, 2 tbsp fresh coriander, 1 cup finely chopped tomato, 1/4 tsp chilli powder and 1 tsp smoked paprika to the pan and stir.
6. Add the mixture to the cooked rice and season with salt & pepper.
7. Hollow out the peppers, removing all of the seeds.
8. Spoon the rice mixture into each pepper and top with grated cheese.
9. Bake at 180°C for 20 – 25 minutes.
10. Serve & ENJOY!