



## Peppers stuffed with spiced Quinoa

This is a great vegetarian main. You can play around with the spices and replace cumin, coriander, and turmeric with 1 teaspoon of curry powder or ½ tablespoon of green or red curry paste. You can also replace the quinoa with cooked millet, brown rice or buckwheat kasha

**Estimated preparation Time:** 10 minutes  
**Completion Time:** 50 minutes  
**Skill level:** Medium  
**Serving size:** 1 main course  
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**Equipment:** Metal bowl  
Roasting pan  
Spatula  
1 tablespoon  
A few toothpicks  
Oven preheated to 170 degrees fanforce or 190 traditional bake

### Ingredients

2 tablespoons ghee or coconut oil or butter  
1 tablespoon chopped onion  
½ small garlic clove crushed and chopped  
¼ teaspoon ground cumin  
¼ teaspoon ground coriander seeds  
2 pinch turmeric powder  
¼ teaspoon chopped chilli (optional)  
1 tablespoon chopped parsley (or any other herb)  
½ cup of cooked quinoa  
1 large egg  
¼ cup of ricotta  
2 medium sized long peppers of any colour  
Pinch of salt  
Pinch of pepper



1-tablespoon ghee or coconut oil or butter

### Method

1. Heat the roasting pan for 1.5 minute on a high heat
2. Add the fat (ghee, coconut oil or butter)
3. Add onions
4. Add garlic
5. Cook for 1 minute
6. Add cumin
7. Add coriander
8. Add turmeric
9. Add chilli
10. Turn the heat off
11. Transfer the mixture into a mixing bowl
12. Add parsley
13. Add quinoa
14. Add egg
15. Add ricotta
16. Add salt
17. Add pepper
18. Mix well with the wooden spoon.
19. Cut off the top of the long pepper
20. Remove as much of the seeds and membranes as much as you can without opening the pepper any further. Use the handle of a tablespoon
21. With the tablespoon fill the mixture into the pepper little by little and push it down with the help of the spoon
22. Place the lid back onto the peppers and attach by poking a few toothpicks on a 30-degree angle through the lid and through the pepper skin.

**Note:** remember how many toothpicks you put in. A good number is three. Leave the ends sticking out a little so you can locate them easily. Remove them before serving, as you do not want anyone to bite into them later on.

23. Place onto the roasting tray
24. Transfer into the preheated oven and bake for 30 minutes.



**Note:**

The cooked capsicums last in the fridge for up to five days.

If you cannot find long peppers replace them with 1 capsicum and increase the baking time by five minutes

**What can you serve with peppers stuffed with quinoa?**

Serve them as main course with any sauce, such as Napoli sauce and a leafy salad.