

Mince and bulgur wheat   
stuffed peppers

(serves 4-6 people)

This is a great Mediterranean-inspired recipe that can be tweaked to make different flavours – you could use apricots for a Moroccan or add feta for a Greek feel. You can also use vegetables,such as marrows, courgettes or squash instead of peppers.

Ingredients

* 4 peppers, washed and halved lengthways, seeds and core removed
* 100g pack bulgur wheat\*, made up per instructions on the packet with 1 low salt stock cube\*
* 200g minced pork, turkey, beef or quorn\*
* 1 clove crushed garlic
* 2 tsp ground cumin
* 1 tsp paprika
* 100g cheese\*
* 4 tbsp low fat Greek style yoghurt\*

Method

1. Halve the peppers and place cut side down on a microwaveable plate and microwave on full power for 4 minutes until softened, or place in a hot oven for 20 minutes.
2. Make up the bulgur wheat according to the instructions on the packet with the stock cube.
3. Add the mince to a large frying pan and heat gently until the meat starts to break up. Then increase the heat and cook until the meat is browned. Add the garlic and spices and stir well. The mince is cooked in around 20 minutes.
4. Add the bulgur wheat and the cheese to the mince, and stir.
5. Fill the peppers with the mince mixture and grill under a hot grill or place in a hot oven until piping hot and the cheese has melted.

\* Can contain or is one of the 14 common allergens