



## **MINICOL STUFFED PEPPERS**



Who said vegetables had to be boring? miniCol can help you to get one of your five portions a day with this delicious recipe.

### **Ingredients:**

4 mixed peppers  
2 courgettes  
1 aubergine  
200g of mushrooms  
100g of grated carrots  
100g of onion  
4 slices of wholemeal bread  
200g of cooked rice  
130g of grated miniCol  
Salt and pepper to taste

### **Method:**

1. Half and de-seed 4 peppers and put a further 2 peppers, along with 2 courgettes, 1 aubergine, 200g of mushrooms, 100g of grated carrots, 100g of onions and 4 slices of wholemeal bread into the food processor until finely chopped.
2. Add 200g of cooked rice and mix through; season with black pepper.
3. Fill each pepper half with the mixture and place on a baking sheet, Sprinkle 130g of grated miniCol on top.
4. Bake in the oven at 180°C for 15-20 minutes and serve. Use a mixture of red, yellow and green peppers for added variety.

**Serves: 4**