



## BEEFY QUINOA AND VEGGIE STUFFED CAPSICUM WITH SWEET POTATO CHIPS



### Method:

1. Preheat oven to 180°C.
2. Place a small heavy bottomed saucepan, filled with 2 cups of water, on high heat. Add the quinoa and bring the water to the boil. Reduce the heat to low, cover and simmer until water evaporates (approximately 20 minutes).
3. Meanwhile, place capsicums on a baking tray and spray with oil. Roast capsicums in the oven for 15 minutes.
3. Toast pine nuts in a fry pan for 5 minutes. Once the pine nuts are golden, set aside.
4. Place oil and onions in a large pan and cook, stirring occasionally for 2-3 minutes or until onion is soft. Add beef mince, ginger, oregano and rosemary and stir until beef mince is browned. Lastly, add carrots, celery and eggplant and cook for another 10 minutes to allow the vegetables absorb the flavour of the mince and spices.
5. Add cooked quinoa to the mixture and then cut the capsicums in half. Fill each capsicum half with mince and quinoa mixture. Place the sweet potato chips and the capsicums on a tray with baking paper. Top the sweet potato chips with honey and cinnamon. Cook both the chips and capsicum for 20 minutes.

### Ingredients:

- 8 large portabella mushrooms (stalks removed)
- 1 medium size carrot, grated
- 2 cups of mixed baby spinach and rocket
- 1 medium size avocado, sliced thinly
- 1 tomato, sliced
- 1 packet of haloumi, sliced thinly into 12 pieces
- 1 large sweet potato, washed
- olive oil spray
- salt and pepper to taste

### Nutrition Information

Serves 4 people.

Nutrient	Per serve
Energy	2337 kJ
Protein	32.8 g
Fat	16.8 g
Carbohydrate	59.8 g
Sodium	142 mg
Fibre	18.4 g



### HOT TIPS

If you are in a rush, a really good way to speed things up is to cook the quinoa in advance. We suggest you cook larger quantities at the start of the week and then distribute it in various meals throughout the week.