



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:

- 4 red capsicums, deseeded, tops removed
- 1 cup quinoa, uncooked
- 400 g sweet potato, peeled, cut into chip slices
- 30 g pine nuts, toasted
- 1 tablespoon olive oil
- 1 onion, finely diced
- 300 g lean beef mince
- 1 teaspoon minced garlic
- ½ teaspoon fresh rosemary
- ½ teaspoon fresh oregano
- 3 carrots, finely diced
- 3 stalks of celery, diced
- 1 small eggplant, cubed
- 1 teaspoon honey
- ½ teaspoon cinnamon

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.