



# Stuffed Capsicums

SERVES: 2

## INGREDIENTS

- 450g Peppercorn Extra Lean Beef Burgers, mashed into mince
- 4 red capsicums, with tops removed but saved for baking later
- 2 tsp olive oil
- 1 onion, diced
- 2 cloves of garlic, crushed
- 1 cup cabbage, shredded
- 1 cup cauliflower, grated
- 1 carrot, grated
- 1 tbsp dried cranberries
- 1 tbsp pinenuts
- 1 tbsp fresh parsley
- ½ tsp all spice
- Zest and juice from 1 lemon
- 4 cups baby spinach

## PREPARATION

1. Preheat oven to 180°C degrees.
2. Warm 1 tsp olive oil in a pan and fry onion and carrot together for 5 minutes until softened.
3. Add garlic and cook for 1 minute.
4. Add mince and cook for 5 minutes or until cooked through.
5. Add cabbage and cauliflower and cook until cabbage is wilted.
6. Stir through dried cranberries, pine nuts, parsley, lemon, all spice.
7. Place mixture inside capsicums, put tops back on top of the capsicum and place in a baking tray.
8. Bake in oven for 1 hour and serve with spinach leaves.