

Mexican lentil stuffed peppers

1 tsp olive oil
1 small white onion, chopped
½ a medium-sized courgette, diced
400g tinned green lentils, drained
1 tsp hot chilli powder
1 tbsp tomato purée
a pinch of sea salt
a small bunch of fresh coriander,
finely chopped
2 large bell peppers (any colour)

SERVES 2



PER SERVING:
224 Calories
36g Carbs
11g Protein
4g Fat

Preheat oven to 180°C/350°F.

Heat the oil in a frying pan over a medium heat. Add the onion and sauté for 4 minutes, stirring occasionally.

Add the courgette and sauté for 2 minutes.

Add the lentils, hot chilli powder, tomato purée and salt. Add some of the coriander to the pan, reserving some for the garnish.

Cut each pepper in half lengthways and remove the core, pith and pips. Arrange them in a baking dish. Stuff each half with the lentil mixture.

Add 2 tablespoons of cold water to the baking dish. Bake the peppers for 30 minutes or until slightly softened.

Serve garnished with the remaining fresh coriander.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

