Stuffed Peppers on the barbecue
Makes 6



Ingredients

- 2 tbsp olive oil
- 140g low protein rice
- 2 garlic cloves, chopped
- vegetable stock
- 1 bunch spring onions sliced thinly
- 140g cherry tomatoes, halved
- 190g low protein cheese, mix of cheddar and mozzarella, grated
- handful each of parsley and basil, chopped
- 3 red and 3 yellow peppers
- String, for tying

Method

1. Make the stuffing: cook the low protein rice according to the instructions. Optionally, cook the rice in vegetable stock instead of water. Sauté the garlic in oil and add that to the cooked rice along with the spring onions, cherry tomatoes, fresh herbs and low protein cheese. Season well and leave to cool.

2. Stuff the peppers: cut around the stalk from one pepper, remove and set aside. Make one slit down the length of the pepper and open out gently. Remove the seeds and membrane. Spoon some filling into the pepper cavity, taking care not to overfill. Put the pepper top back on and using kitchen string, tie the pepper together. Repeat for the remaining peppers.

3. Barbecue the stuffed peppers over moderate heat for 15-20 minutes, turning gently until the peppers are evenly browned. Don't worry if the string chars and if the peppers split too much – wrap them in a piece of foil and finish cooking in the foil wrappers.

Recipe modified from BBC Good Food