

quinoa stuffed capsicum

Ingredients:

- 1 cup quinoa, boiled
- 6 large capsicum
- 3 tbslp rice bran oil,
- 1 onion, grated
- 1 tbslp grilled garlic cloves
- 1 tsp salt
- 1 tbslp duqqua Tunisian
- ¼ tsp Aleppo pepper
- ¼ tsp morerocken seasoning
- ¼ tsp cayenne pepper
- ¼ tsp sweet paprika
- ¼ tsp ground cumin
- ¼ tsp herbs de provence
- ¼ tsp melange classique
- ¼ tsp garlic & herbs
- ¼ tsp hot dessert sand
- 1/2 tsp zhug
- 2 carrots, grated
- 2 turnips, grated
- 2 potatoes, grated
- 2 pieces of pumpkin, grated
- 1 jar of mixed mushrooms
- 100g pitted kalamata olives
- 100g unsalted roasted cashews

Sauce ingredients

- 2 cups of boiling water
- 2 cans of diced tomato
- 1 tsp rice flour
- 1 tsp salt
- 1 tsp crushed pepper
- 1 tsp dried mint

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Method

- heat oil in a saucepan add onion, garlic and mushrooms
- add all the spices and mix together
- gradually add the grated vegetables, mix thoroughly then leave to cook for 5-10 minutes
- take of heat and add quinoa, olives and cashews
- wash the capsicum, carefully cut a lid, leaving it attached on one side, clean the inside out.
- carefully fill the capsicums with the prepared stuffing
- in another saucepan, add the diced tomato, water the salt, crushed pepper, mint and rice flour and simmer
- in a baking dish, place the sauce and the capsicums then cover with foil, bake at 180 degrees for 15 minutes
- remove the foil bake for a further 15 minutes
- serve with the sauce