



Stuffed Capsicum with Smoked Paprika and Tomato Sauce



DIFFICULTY: EASY



PREPARATION TIME: 45 MIN



COOKING TIME: 45 MIN



SERVES: 6

Ingredients

6 medium red or yellow capsicum
3 tbsp olive oil
200g Basmati rice
400 ml water
3 cloves garlic crushed
1 chilli chopped
2 tbsp cumin
1 tsp smoked paprika
½ bunch fresh coriander
¼ tsp star anise
¼ tsp allspice
¼ tsp nutmeg
2 tsp salt

Sauce

6-8 tomatoes
1 clove garlic
1 tsp smoked paprika
1 tsp cumin
¼ bunch coriander
1 tbsp Honey
1 chilli chopped
1 tsp salt

Notes

If you do not have a FullSteam oven, cook the rice on your cooktop or in a rice cooker following the directions on the packet.

Method

Heat the oven to 250 degrees on CircoRoast. Coat the capsicum with 2 tbsp of the olive oil and place on the universal tray and bake for 10 minutes turning halfway through. Once cooked remove from the oven place into a container with a lid or wrap with cling film then set aside.

Place the rice into a non-perforated steamer tray add the rest of the olive oil and coat. Add all the other ingredients and place into an oven set to FullSteam at 100 degrees for 20 minutes. Once cooked remove from the oven and using a fork, fluff the rice by running it through to separate the grains of rice. Set aside.

For the sauce heat the oven on CircoTherm® at 180 degrees. Roughly chop the tomato and place on the universal tray with all the other ingredients and bake for 25 minutes. Remove from the oven and pour into a medium mixing bowl. Use a spoon and mash the tomatoes until a saucy consistency.

Cut the top off the capsicum and peel off the skin. Clean out the inside then stuff with the rice, place onto a universal tray and put the tops back onto the capsicums.

Heat on CircoTherm® at 160 degrees for 10 minutes then serve with the sauce underneath.