

## LENTIL STUFFED PEPPERS



- These are a favourite in my house.
- They're full of goodness and make a complete meal when you serve them with rice, quinoa or couscous.
- Once they're in the oven, they pretty much take care of themselves.

**Prep Time:** 10 minutes

**Cook Time:** 60 minutes

**Serves:** 1

### **Nutritional information:**

- Protein: 19.2g
- Fat: 11.4g
- Fibre: 11.3g
- Carbohydrates: 40g
- Calories: 341

### **Ingredients:**

- 2 tsp olive oil
- 2 shallots, finely chopped
- 2 garlic cloves, crushed
- 100g green lentils raw
- 200ml water
- 2 tbsp soy sauce
- 2 tbsp tomato purée
- 200g tinned chopped tomatoes
- 1 pepper, halved lengthways and deseeded
- 2 tbsp grated dairy free cheese
- a handful of mixed salad leaves
- rice, quinoa or couscous, to serve

### **Method:**

1. Preheat the oven to 180°C/350°F/gas 4.
2. Heat the olive oil in a large pan over a medium heat.
3. Add the shallots and cook for about 10 minutes, until softened.
4. Add the garlic and cook for 1 minute.
5. Stir in the lentils, soy sauce, tomato purée, water and chopped tomatoes and cook for 25 minutes, stirring occasionally to avoid the lentils sticking to the pan.

6. Meanwhile, place the pepper halves on an ovenproof dish and bake for about 12 minutes, being careful not to burn them.
7. Carefully remove the peppers from the oven and spoon the cooked lentils into them. Sprinkle over the cheese and return the peppers to the oven for 20 minutes.
8. Arrange the salad leaves on a serving plate alongside the stuffed peppers and serve with rice, quinoa or couscous.

**Ingredient tip:** Lentils can be bought in a tin and are super convenient when you are too busy to cook from scratch. Buy a few tins and keep them in your cupboard for a super easy go to ingredient.

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