

CARBCONTROL RECIPES

VEGATARIAN

Stuffed Capsicum – serves 4 (stage 3)

For the tomato sauce:

½ Tbsp olive oil

2 spring onions, finely chopped

1 garlic clove, chopped

2 ripe tomatoes, peeled, seeded and chopped or $\frac{3}{4}$ can chopped tomatoes, drained

salt

for the capsicum:

4 red, green and yellow capsicums, roasted and peeled

250 g smoked mozzarella, or Swiss Gruyere cheese, cut into $\frac{1}{2}$ x 5 cm sticks

$\frac{1}{4}$ cup fresh or frozen chopped kale or collard greens

½ Tbsp dried basil

salt and pepper

$\frac{1}{4}$ cup freshly grated Parmesan cheese

Heat oil in a heavy medium frying pan over medium heat. Add spring onions and cook stirring occasionally, until transparent. Add garlic and cook another minute. Add tomatoes; reduce heat and simmer 10 minutes, stirring occasionally, until sauce thickens. Season to taste with salt and remove from heat. Preheat oven to 180 C; grease a 1 l capacity shallow baking dish. Make a 5 cm cut along the side of each capsicum. Rinse out seeds and gently pull out white pulp. Pat dry. Insert cheese strips and kale into caps and sprinkle with basil, salt and pepper. Arrange capsicum in a single layer, filled side up. Pour sauce on top and sprinkle with Parmesan. Bake 40-45 minutes, until lightly browned.