Roasted Peppers w/ Chicken & Califlower (Whole 30)

4 capsicums (they are ‘peppers’ for our international guests!)
500g chicken breast or mince – mince the chicken breast in a food processor
500g cauliflower – cut up finely or blitzed in a food processor
1 brown onion
2 cloves of garlic
400g chopped tomatoes
250g water
1/2 cup roughly chopped parsley
1 tablespoon smoked Spanish paprika
1 teaspoon olive oil

Wanting to make this recipe for 2? Just halve the ingredients

Preheat the oven to 200deg
Cut the tops off the capsicums and scrape out the seeds (set the empty capsicums and tops aside)
In a large/deep frypan heat the olive oil and cook the garlic and onion for 10 minutes on a low heat to caramelise the onions.
Add the chicken mince to the fry pan and brown the mince, while stirring it into the onion and garlic mix. After a few minutes add the paprika.
Once the chicken is cooked, add the cauliflower, chopped tomatoes and water. You might need a little more water – you want the liquid to just cover the chicken and cauliflower mix. Bring to the boil and simmer for 10 minutes.
The liquid will evaporate leaving you with a delicious stuffing, but first, mix through the parsley and some salt and pepper.
Stuff the capsicums as full as you can and stand up in a

baking tray.
Drizzle a little olive oil over the capsicums and bake in the oven for approximately 30 minutes – but please note that this is going to depend on the size of capsicums you have.
When the skin has blistered (see photo) you will know they are ready!