

Roasted Peppers w/ Chicken & Cauliflower (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 caramelize 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!