

Oat Stuffed Capsicum

Serves: 4

Prep time: 15 minutes

Cook time: 35 minutes

Fruit and veg: 3 ½ serves per portion

Ingredients

4 small capsicums, tops removed and deseeded
½ cup steel cut oats
400g can chickpeas, drained, roughly mashed
1 tablespoon extra-virgin olive oil
1 medium onion, chopped
4 cups baby spinach, coarsely chopped
1 tablespoon fresh oregano *OR* 1 teaspoon dried
¾ cup feta cheese, crumbled
¼ cup sun-dried tomatoes, chopped
1 tablespoon red wine vinegar
Pepper

Method

PLACE capsicums cut-side down in a microwave-safe dish and add ½ inch of water. Cover and microwave on high until just softened, about 7-9 minutes, then set aside to cool.

BOIL a large saucepan of water then add oats and cook until just tender, about 25 minutes.

Drain oats and rinse with cold water.

HEAT a large frypan over medium heat then add oil. Cook the onion for 5 minutes then add the spinach and oregano to wilt for 1 minute.

STIR in the oats, chickpeas, ½ cup feta, tomatoes, vinegar and pepper and cook until heated through, about 2-3 minutes.

DIVIDE mixture among the capsicums and sprinkle with the remaining feta.

Optional: Grill in oven for a couple of minutes to melt the feta before serving.



Everyday Food

Recipe courtesy of Eileen Crouch, Bowen Branch