

## **Halloween Stuffed Peppers**

**Ingredients:** 4 small peppers (a mix of colours), 25g pine nuts, 1 tbl olive or rapeseed oil, 1 red onion chopped, 2 fat garlic cloves crushed, 1 small aubergine, chopped into small pieces, 200g mixed grains (I used bulghur wheat and quinoa), 2 tablespoons sundried tomato paste, zest of 1 lemon. Bunch basil chopped.

### **Method:**

- 1 Cut the top off the peppers (keeping the tops to one side) and remove the seeds and any flesh from the inside. Use a small sharp knife to carve spooky Halloween faces into the sides. Chop any offcuts into small pieces and set aside.
- 2 Toast the pine nuts in a dry pan for a few minutes until golden and set aside. ( you can buy toasted pine nuts). Heat the oil in the pan, and heat oven to 200C/ 180fan /gas6. Cook the onion in the oil for 8-10 minutes until softened. Stir in the garlic, pepper offcuts and aubergine then cook for a further 10minutes, until veggies are soft. Add a splash of water if the pan looks dry. Season.
- 3 Tip the grains into pan with the tomato paste. Stir for a minute or two to warm through, then remove from the heat and add the lemon zest, basil and pine nuts.
- 4 Fill each pepper with the grain mixture. Replace the lids, using cocktail sticks to secure them in place, and put the peppers in a deep roasting tin with the carved faces facing upwards. Cover with foil and bake for 35 minutes, uncovered for the final 10 minutes. The peppers should be soft and the filling piping hot.

Serves 4

