

Roasted capsicums with tomatoes & feta



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Preparation 25 mins | Cooking 45 mins | Serves 4-8

Serve as a side dish or for a light vegetarian meal serve with a leafy green salad.

- 250g pkt quick-cook brown rice and quinoa*
- 4 plump capsicums (choose a selection of red, yellow & orange)
- 250g grape or mini-roma tomatoes, quartered
- ½ cup flat-leaf parsley, chopped
- 100g Greek feta cheese, crumbled
- ½ cup toasted pine nuts
- 1 garlic clove, finely chopped
- 1 tbs lemon juice
- ½ tsp ground cumin
- 2 tbs extra virgin olive oil + extra to serve
- Olive oil cooking spray

Rocket leaves, extra virgin olive oil and greek-style natural yoghurt, to serve

**quick-cook rice and quinoa is cooked in its packet in the microwave.*

It's available in most supermarkets

- STEP 1** Cook the rice and quinoa following packet directions. Place into a large bowl and set aside to cool.
- STEP 2** Preheat oven to 200°C/180°C fan-forced. Halve capsicums lengthways, remove all pith and seeds. Place onto a large baking tray lined with baking paper.
- STEP 3** Add tomatoes, parsley, feta and pine nuts to cooled rice and quinoa. Combine garlic, lemon juice, cumin and oil in a bowl. Season with pepper and whisk to combine. Drizzle over rice mixture and toss to combine.
- STEP 4** Spoon rice mixture into capsicums, pressing filling into each halve. Spray with oil. Roast for 40-45 minutes until capsicums are tender. Serve warm or at room temperature. Just before serving, scatter with rocket leaves, drizzle with extra virgin olive oil and serve with yoghurt.