



Lamb & Chickpea Stuffed Peppers

Serves 4

4 bell peppers
1 tbsp. olive oil
1 white onion, finely chopped
2 garlic cloves, crushed
3 tsp. Moroccan spice mix
1 tsp. ground paprika
½ tsp. dried chili flakes
9 oz. (250g) lamb mince
4 tbsp. tomato paste
14 oz. (400g) can chickpeas, rinsed, drained
3.5 oz. (100g) feta cheese, crumbled
2 tbsp. parsley, chopped
salt & pepper

What you need to do

Preheat the oven to 400°F (200°C). Grease a large roasting tray.

Cut the bell peppers in half lengthways. Use a small sharp knife to carefully remove the seeds and membrane. Place the bell pepper halves, cut-side up, in the tray.

Heat the olive oil in a large deep frying pan and place over a medium heat. Add the onion and cook for 5 minutes or until soft, then add the garlic and cook for a further minute.

Stir in the Moroccan spice mix, paprika and chili flakes. Add the lamb mince, stirring constantly to break up the mince, and cook for 5 minutes until the meat has browned. Add in the tomato paste and chickpeas, mix well and remove from heat. Cool slightly and season to taste with salt and pepper.

Add the feta cheese into the lamb mixture and stir to combine. Divide the mixture evenly between each of the peppers. Cover the dish loosely with tin foil and bake for 45 minutes or until the peppers are tender.

Divide between 4 serving plates. Serve immediately with freshly chopped parsley.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	60 mins	436	26	32	22

*Nutrition per serve

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