Sides

Mediterranean Stuffed Bell Peppers

Sweet red peppers stuffed with herbed rice, pine nuts, and currants, baked until the peppers soften and collapse around their fragrant filling.

Time 75 min **Servings** 4

What you'll need.

- ☐ 6 whole Large red bell peppers
- ☐ 150 g White onion, finely diced
- ☐ 50 g Pine nuts
- ☐ 15 g Fresh mint, chopped
- ☐ 60 ml Extra-virgin olive oil
- ☐ 8 g Fine salt
- ☐ 200 g Long-grain white rice, rinsed
- ☐ 3 cloves Garlic cloves, minced
- ☐ 40 g Dried currants
- ☐ 15 g Flat-leaf parsley, chopped
- ☐ 400 ml Tomato passata
- ☐ 2 g Ground cinnamon

Let's make it.

01 Bring a saucepan of salted water to a boil. Add the rinsed rice and cook for exactly 7 minutes — you want the rice half-cooked, still chalky in the center. Drain well and spread on a tray to stop cooking.

02 Warm the olive oil in a wide pan over medium heat. Add the onion and cook, stirring, until soft and translucent, about 8 minutes. Add the garlic and pine nuts; cook 2–3 minutes until the pine nuts are lightly golden. Stir in the currants, cinnamon, and salt. Remove from heat.

03 Combine the sautéed base with the parboiled rice, mint, and parsley. Toss to distribute evenly. Taste — the filling should be assertively seasoned, as the rice will absorb salt from the passata during baking. Cut the tops off the peppers and remove seeds and membranes. Fill each pepper about three-quarters full — the rice will expand.

04 Pour the tomato passata into the base of the baking dish around the peppers. Drizzle olive oil over the tops. Cover tightly with foil and bake at 180°C (350°F) for 40 minutes. Remove foil and bake a further 15 minutes until the pepper skins are wrinkled, tender, and slightly charred at the tips.

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Servings are an estimate; check quantities in the source recipe.
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